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ABSTRACT

This guide, produced by the National Association for Girls and Women in Sport (NAGWS), is a collection of essays by various authors on soccer, speedball, and flag football. There is a separate section for each sport. In the section, the following topics are covered: goalkeeping, the use of tires as a teaching aid, skill testing, problem-solving techniques, soccer visual aids, rules for soccer for girls and women, soccer signals, and differences between high school boys' rules and NAGWS Rules. The speedball section has essays on conditioning, speedball for the inner-city elementary school, coaching hints, visual aids, and speedball rules. In the flag football section, the essays cover topics such as equipment, testing, penalties, visual aids, and rules for girls and women. There is a bibliography for each sport in each respective section. (JA)

ED 093814

Soccer-Speedball Flag Football GUIDE

JUNE 1974 – JUNE 1976

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JUNE 1974 – JUNE 1976

With Official Rules

Joanna Davenport, Chairperson
NAGWS Sports Guides and Official Rules Committee

Editors

Dolores Faber, *Soccer*

Nancy J. Clark, *Speedball*

Marygrace Colby, *Flag Football*

NATIONAL ASSOCIATION FOR GIRLS AND WOMEN IN SPORT

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NATIONAL ASSOCIATION FOR GIRLS AND WOMEN IN SPORT

The National Association for Girls and Women in Sport is a nonprofit, educational organization designed to serve the needs and interests of administrators, teachers, leaders, and participants in sports programs for girls and women. It is one of seven associations of the American Alliance for Health, Physical Education, and Recreation.

PURPOSE

The purpose of the National Association for Girls and Women in Sport is to foster the development of sports programs for the enrichment of the life of the participant.

BELIEFS

The National Association for Girls and Women in Sport believes that:

Sports are an integral part of the culture in which we live.

Sports programs are a part of the total educational experience of the participant when conducted in educational institutions.

Opportunities for instruction and participation in sports appropriate to her skill level should be included in the experience of every girl.

Sports skills and sports participation are valuable social and recreational tools which may be used to enrich the lives of women in our society.

Competition and cooperation may be demonstrated in all sports programs, although the type and intensity of the competition and cooperation will vary with the degree or level of skill of the participants.

An understanding of the relationship between competition and cooperation and the utilization of both within the accepted framework of our society is one of the desirable outcomes of sports participation.

Physical activity is important in the maintenance of the general health of the participant.

Participation in sports contributes to the development of self-confidence and to the establishment of desirable interpersonal relationships.

FUNCTIONS

The National Association for Girls and Women in Sport promotes desirable sports programs through:

1. Formulating and publicizing guiding principles and standards for the administrator, leader, official, and player.
2. Publishing and interpreting rules governing sports for girls and women.
3. Providing the means for training, evaluating, and rating officials.
4. Disseminating information on the conduct of girls and women's sports.
5. Stimulating, evaluating, and disseminating research in the field of girls and women's sports.
6. Cooperating with allied groups interested in girls and women's sports in order to formulate policies and rules that affect the conduct of women's sports.
7. Providing opportunities for the development of leadership among girls and women for the conduct of their sports programs.

SPORTS GUIDES AND OFFICIAL RULES COMMITTEE
INTEREST INDICATOR

The SGOR Committee is endeavoring to broaden its base of personnel and to strengthen its services to *Guide* readers. The purpose of this form is to offer readers an opportunity to join us in meeting this need. Please complete this form and send it to the SGOR Associate Chairman-elect, Helen Knierim, Wisconsin State Univ., Whitewater 53190.

Name ____________________

Professional Address ____________________

City ____________ State ________ Zip Code ________

1. Check the Sport Committee(s) which would be of interest to you:

____ Aquatics
____ Archery
____ Badminton
____ Basketball
____ Bowling
____ Fencing
____ Field Hockey
____ Flag football
____ Golf
____ Gymnastics
____ Lacrosse
____ Soccer
____ Softball
____ Speedball
____ Squash
____ Tennis
____ Track and Field
____ Volleyball

2. Would you like to serve as a member of a Sports Guide Committee of your interest?* ____ Yes ____ No
3. Would you consider submitting an article to a Guide Committee as a prospective author? ____ Yes ____ No
Possible topic or title ____________________
4. Can you suggest topics for articles which you would like to have included in future *Guides*? (Please indicate sport.)

5. Are there others whom you would recommend for consideration as possible committee members or authors? Please indicate below. (Use additional paper, if necessary.)

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Professional Address ____________________

City ____________ State ________ Zip Code ________
Sports Committee Member ☐ Prospective Author ☐ (Check one)

---

*You may serve on only one Sport Guide Committee at a time.

STANDARDS IN SPORTS FOR GIRLS AND WOMEN

Standards in sports activities for girls and women should be based upon the following:

1. Sports activities for girls and women should be taught, coached, and officiated by qualified women whenever and wherever possible.
2. Programs should provide every girl with a wide variety of activities.
3. The results of competition should be judged in terms of *benefits to the participants* rather than by the winning of championships or the athletic or commercial advantage to schools or organizations.

Health and Safety Standards for Players

Careful supervision of the health of all players must be provided by –

1. An examination by a qualified physician
2. Written permission by a qualified physician after serious illness or injury
3. Removal of players when they are injured or overfatigued or show signs of emotional instability
4. A healthful, safe, and sanitary environment for sports activity
5. Limitation of competition to a geographical area which will permit players to return at reasonable hours; provision of safe transportation.

General Policies

1. Select the members of all teams so that they play against those of approximately the same ability and maturity.
2. Arrange the schedule of games and practices so as not to place demands on the team or player which would jeopardize the educational objectives of the comprehensive sports program.
3. Discourage any girl from practicing with, or playing with, a team for more than one group while competing in that sport during the same sport season.
4. Promote social events in connection with all forms of competition.

SOURCES OF INFORMATION AND SERVICE

All requests for information about services should be addressed to: Program Coordinator, National Association for Girls and Women in Sport (NAGWS), AAHPER, 1201 - 16th Street, N.W., Washington, D.C. 20036.

NAGWS SOCCER COMMITTEE[1]

1972-1974

DOLORES FABER, *Chairman*, Nassau Community College, Steward Ave., Garden City, N.Y. 11530

VIVIAN ACOSTA, Brooklyn College, Bedford Ave., Brooklyn, N.Y. 11210

EFFIETTEE PAYNE, Morgan State College, Baltimore, Md. 21239

THERESA L. SMITH, Lsuno Lakefront, New Orleans, La. 70122

ROBERTA PARK, 200 Hearst Gym, Univ. of California, Berkeley, Calif. 94720

MYRTIS HERNDON, Hiram College, #12, Hiram, Ohio 44234

JUDITH SAURER, Crawford Gymnasium, Edinboro State College, Edinboro, Pa. 16412

GRACE C. KENNEY, Gettysburg College, Gettysburg, Pa. 17325

1974-76

ANNE MESSING, *Chairman*, Nassau Community College, Garden City, New York 11530

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[1] Current Guide material prepared by the 1972-74 Committee; material for 1976-78 Guide to be prepared by 1974-76 Committee.

EDITORIAL COMMENT

The soccer rules have not undergone any major revisions since 1964, with minor revisions being made in 1966 and 1968. Many social changes have taken place in the past decade: the status of women, the sports they participate in, the attitudes of sportswomen as well as the strength and physical size of women and girls have necessitated revision of the soccer rules. Basketball and volleyball rules for men and women are almost identical, yet soccer has lingered behind. Most, if not all, sports rules were devised primarily for men, and women have modified them to suit their needs, goals and obligations. Today's woman is free to run and jump and to develop her mind and body to its fullest potential; therefore, the sports in which she participates must also keep pace with her potential.

For years players, coaches and teachers have been requesting rule changes, and the *1974-76 Soccer Guide* committee believes the time has come to implement them. The New York State Public High School Athletic Association has been using seven experimental rules for two years. At the conclusion of the season, a questionnaire was sent to participating high school coaches. The majority of coaches favored the experimental rule changes.

Many of the rules have been changed to be more consistent with the men's and boy's rules. The revisions and additions, which are indicated by an asterisk, include a change in the requirements of the goalkeeper's uniform. It has been argued that the smaller goal area in soccer is more consistent with field hockey; however, it can also be argued that most schools use the men's and boy's goal nets which are made for an eight-yard goal.

Although there have been many requests to make the sliding tackle a legal maneuver, it was decided that until women's and girls' soccer used rated officials, this technique should remain illegal for safety reasons. The National Federation of State High School Associations soccer rules committee recently made the sliding tackle legal (only under certain conditions); however many experimental coaches feel that this technique can be dangerous if not officiated properly.

The committee would like to extend thanks to Lorraine DeLucas, Betty Begg and Lynne Mayer for suggesting the rule revisions, and to them as well as to the other members of the New York State Public High School Association for playing with the experimental rules and conducting the survey. The soccer committee is also grateful to Cherrie Sears of Nassau Community College for helping to edit and rewrite the rule revisions. We sincerely hope that the changes will revitalize soccer and that you will enjoy coaching and playing with these new rules.

The committee invites your comments and suggestions on any phase of the *Guide*, whether it be the format, articles or rules.

If requesting a rule interpretation, please include the rule number and section number. If you wish a reply to your question and comments, please include a stamped, self-addressed envelope with your letter and address it to Professor D. Faber, Director of Womens Athletics, Nassau Community College, Stewart Avenue, Garden City, NY 11350.

DOLORES "CURLIE" FABER
Soccer Chairman

Do You Need Rated Women Soccer Officials In Your Area?

BETTY BEGG

Betty Begg is a physical education teacher and girls' soccer coach at North Syracuse Central High School in North Syracuse, New York. She received her B.S. degree from Springfield College, Springfield, Massachusetts and her M.A. degree from Syracuse University, Syracuse, New York. She is the New York State Public High School Athletic Association Girls' Soccer Sports Chairman.

There are 239 schools playing interscholastic girls' soccer according to a 1972-73 survey made by the New York State Public High School Athletic Association. NAGWS has no soccer rating procedure. With the growth and development of girls' soccer teams, the need for one is urgent.

In the Central New York area, we had to resolve this problem several years ago. How did we get started? The men's soccer officiating group had been refereeing the girls' games and doing well controlled games. Prior to each season, the men were required to attend meetings where the girls' rules were discussed along with how they differed from the boys' rules. The time came, however, when the decision to rate women was made.

The advent of an apprentice rating was proposed by DGWS (now NAGWS). What better time to start working toward getting women soccer officials. Many sections throughout New York set up their own standards for practical ratings and drew up (their own) written tests. The men's board helped in assisting in both areas. Principally working with the newly-sanctioned Finger Lakes Board of Officials, the following steps were taken:

1. Flyers were distributed to schools in the area announcing that ratings were going to be given.
2. Workshops were held with girls' teams playing and men officials assisting with the actual refereeing of games.
3. Discussions concerning rules, game situations, positioning, responsibilities of both officials, and covering the field were held.
4. An open book examination was given.
5. Prospective officials worked the soccer game as coaches rated them. Women passing the written and practical tests were given

an apprentice or probationary rating good for two years. In two years a thorough evaluation of procedures, examinations and ratings will be made to see where soccer officiating needs reinforcement.

The format for the workshops was taken from the article "Techniques of Officiating Speedball" *(1972-74 DGWS Soccer-Speedball Flag Football Guide)*. Below is our rating sheet, adapted from one used in Rochester, N.Y.

FINGER LAKES BOARD OF WOMEN OFFICIALS

Practical Soccer Examination

Examiner ______________________ Date ______________________
Examinee #1 ____________________ ______________________
Theory ________ Practical ________ Rating ______________________
Examinee #2 ____________________
Theory ________ Practical ________ Rating ______________________

Earned Score	Tally	(35) Fouls	Tally	Earned Score
		Charging goalie		
		Hands		
		Holding		
		Jumping at		
		Kicking		
		Pushing		
		Tripping		
		Unnecessary roughness		
		Improperly taking kick		
		Goalie fouls		
		Offsides		
		Held whistle calls		
		Comments:		
		(30) Procedures		
		Corner kick		
		Defense kick		
		Free kick		
		Kick off		

		Penalty kick		
		Drop ball		
		Throw-in		
		Substitution		
		Comments:		
Earned Score	Tally E,G,F	(25) General Handling of game	Tally E,G,F	Earned Score
		Voice		
		Position		
		Whistle tone and use		
		Arm signals		
		General Procedures (10) Pre-game inst. to timers and scorers		
		Team		
		Equipment check		
		End of playing time		
		Start of game		
		Comments:		

Handling of game	Procedures
E = 21-25	E = 9-10
G = 10-20	G = 5-8
F = 0-9	F = 0-4

Computation of score: Number correct plus number partially correct x Maximum Score and divided by Total Decisions.

Symbols:
√ = Correct decision X = Wrong
- = Partially correct O = Missed

A Simplified Approach to Learning Soccer

MARILYN EDWARDS

Marilyn Edwards teaches in Palatine, Illinois at the Plumb Grove Junior High School. She received her B.S. degree in education from Northern Illinois University in DeKalb.

By the time a girl is in junior high school she has probably spent all the time she cares to doing drill after drill before she can play a game of soccer. She would much rather participate in a game than practice drills. Soccer can be taught and learned with a minimum of drills and maximum activity.

One giant obstacle to keeping a soccer game fast moving is the out-of-bounds rules. An exciting soccer unit simply eliminates the out-of-bounds rules and the ball is in play (and the students active) all the time. As long as the ball must pass through the goalposts in the correct direction, there is no need for such rules. The ball will naturally stay approximately in the regular field of play.

Following is a very flexible plan for such a soccer unit:

Step 1. Line Soccer
  a. There are no side boundaries; ball in play at all times.
  b. To score, the ball must be kicked below shoulder height through the goalposts in the correct direction.
  c. Any variation of line soccer will suffice. The teacher will see immediately the strengths and weaknesses of her players. She should bring them to the students' attention and stress their importance as they relate to the game of the day.

Step 2. Soccer Game – Forwards and Backs
  a. Regulation-size goals are used.
  b. The positions and duties of the five forwards (as a group) and five backs (as a group) should be explained.
  c. Game starts with regulation kick-off.
  d. There are no side or end boundaries; ball is in play at all times.
  e. Extra players may stand behind end line and retrieve "out-of-bounds" ball for goalie to play.

Step 3. Soccer Game – Individual Positions
  Same as Step 2, except all positions are individually named and explained.

Step 4. Soccer Game – Use of Field Markings
  Same as Step 3, except field is now marked to aid players learn their positions and develop team strategy. (Out-of-bounds rules still not necessary)

Step 5. Soccer Game – Introduce Out-of-Bounds Rules

Now the student can readily understand these rules and execute subsequent play quickly.

Step 6. Soccer Game – Introduce Rules for Fouls and Penalties

Step 7. Soccer Game – Marking

The techniques for marking may be introduced at any step that the teacher feels her class is ready.

The time spent on each step depends on the teacher's skill objectives and the students' progress. If necessary to continue safe play, the teacher may interject several practice sessions for such skills as dribbling and passing. However, if the games are going smoothly, this is not necessary.

This simplified plan eliminates the need for abundant equipment, excellent facilities and boring practice sessions. In fact the entire unit could be taught using one ball and eight towels for field markings! Even in the beginning game of line soccer students receive a good deal of exercise. As the unit progresses, the girls can quickly pick up additional soccer skill and knowledge by playing the game. The teacher has the advantage of concentrating on teaching during the beginning of the unit instead of officiating. Students often confuse teaching practices with official rules and calls. Once they know how to play, they can more readily pick up the rules of the game and enjoy learning rather than merely tolerate it.

Goalkeeping

SHEP MESSING

Shep Messing is a teacher at Westbury High School and a professional soccer player with the New York Cosmos. He received his B.A. degree from Harvard University. He was twice an NCAA All-American player. In 1969 he played for the U.S. Maccabiah Team in Israel and in 1970 he went to Cali, Columbia to play for the U.S. Pan Am Team. In 1972 he went to Munich as part of the U.S. Olympic Team.

Today's goalkeeper must be much more than an acrobatic catcher who waits at her goal line to make last ditch desperate efforts to prevent goals. She must become an integral part of the defensive players, combining her skills with theirs and letting them know what she is doing at all times. A good defense depends for the most part on the team's confidence in its goalkeeper. Added responsibilities require additional qualities in the goalkeeper, the most important being an understanding of how a defense operates as a whole unit.

A goalkeeper's preparation and playing should be divided into two equal categories, mental and physical, as it takes a unique individual, psychologically speaking, to play the goal.

Who else would want to be the only player on the field to wear a different color uniform, the only player able to use her hands, and the only one for whom each mistake is a crucial one? The ideal goalkeeper exudes confidence and always appears to be in control of the situation. A nervous goalkeeper is liable to make costly mistakes and have an unsettling influence on the team. The confidence you need comes only with the knowledge that you will handle anything that is your responsibility and that any goal scored against you will not be the result of your mistake.

There is also the psychological battle with your opponent. The concept is not that "I am the last person on defense to prevent a goal," but that "I am the first person you will have to meet and deal with as soon as you enter my goal area." Intimidation of the opposing forwards is a great part of the game, and if they are worrying about the goalie instead of concentrating on the goal, the battle is won. The ability to make things look easy, to dominate the goal area and to make your opponents know they will not score on your mistake comes only with confidence in yourself and in your ability.

Now that you have the right mental outlook, the physical side of the game must be mastered. Without going into the specific techniques required, there are several concepts which must be practiced.

First, the goalkeeper is the only player allowed to catch the ball with her hands. Since this is a *privilege*, if you drop the ball you are abusing that privilege. So the first decision you must always deal with is, "Can I catch the ball or not?" If you are not 100 percent sure you will catch it, close your hand and punch or clear the ball out of the area. Never drop a ball in front of you when you think you can catch it. If there is any doubt, clear the ball out to the side instead of risking a goal by a fumbled catch. Certainly, as your ability increases, you will catch more and punch less. Safety must always be primary. The basic rule is: Always meet the ball if possible and then put your body behind it.

Proper techniques and physical capabilities must be mastered by coaching and practice. Proper attitude must be developed by yourself, within yourself. As you develop this attitude, your entire game will improve.

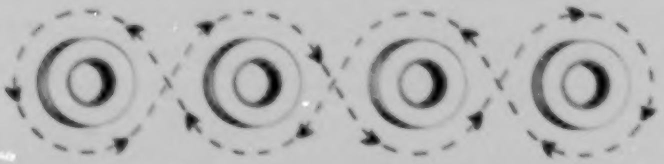
There is no better feeling than being a successful goalkeeper. The satisfaction that comes from playing such a difficult and crucial position with style and confidence is worth all the effort you put into it. Only by combining your physical ability with the right mental outlook will you feel that satisfaction.

Using Tires as a Teaching Aid

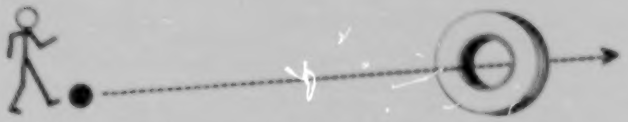
EILEEN NEARY

Eileen Neary was a student at Nassau Community College, Garden City, New York, graduating in 1970. She majored in physical education at the State University of New York College at Cortland, graduating in 1972. Until her untimely death in October 1973, she was teaching high school physical education.

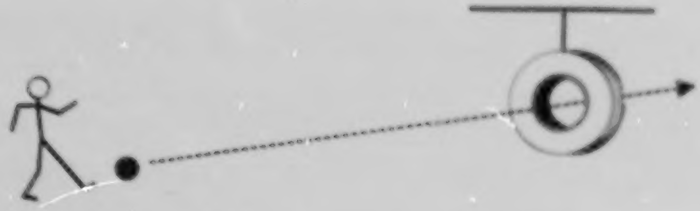
1. Lay the tires flat on the ground in a straight line approximately 10 yards from each other. The student dribbles the ball around each tire to develop coordination and agility.



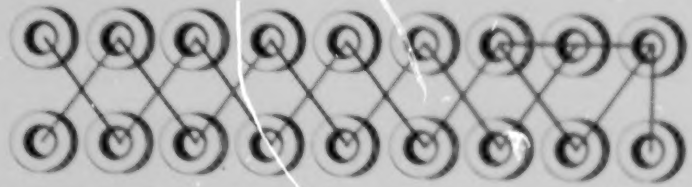
2. Stand the tires up on the treads. Each student stands approximately 10 yards or farther away from the tire, kicking, punting or drop kicking the ball so that it goes through the center of the tire. This develops accuracy in passing, punting and drop kicking.



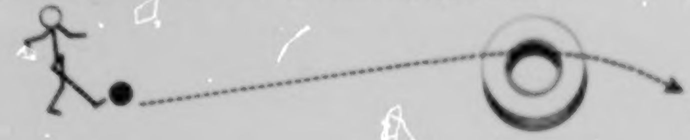
3. With the help of a rope, suspend a tire from a tree or pole. The student stands approximately 20 yards away and kicks the ball through the center of the tire. This exercise helps to promote accuracy in scoring goals and in long-distance passing.

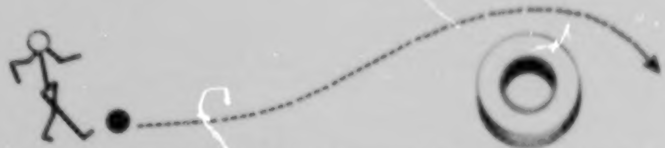


4. Lay the tires flat on the ground next to each other. To develop agility and coordination, have the student run through the maze, placing one foot in a tire at a time.

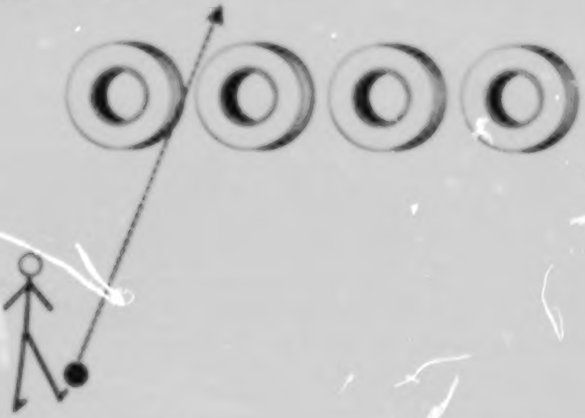


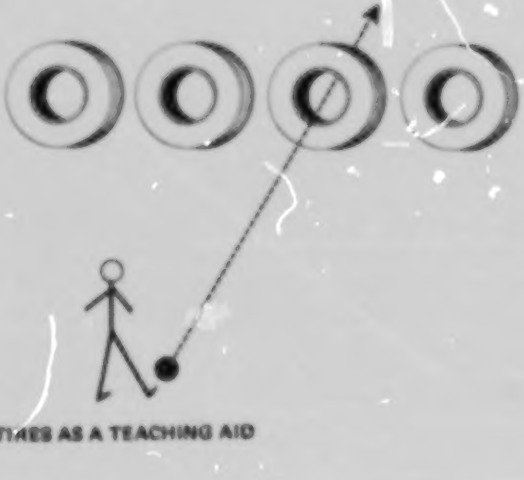
5. Lay the tires flat on the ground. The student dribbles up to the tire and upon reaching it, breaks to her left or right while kicking the ball so that it goes over the tire. She then picks up the ball on the other side and continues to dribble. After the student has tried this a few times so that she is proficient, she can dribble up to the tire and hook the ball around it. These exercises are aimed at developing the player's ability to fake her opponent.



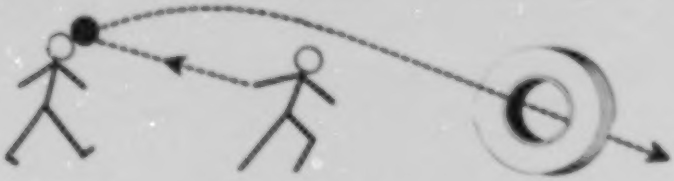


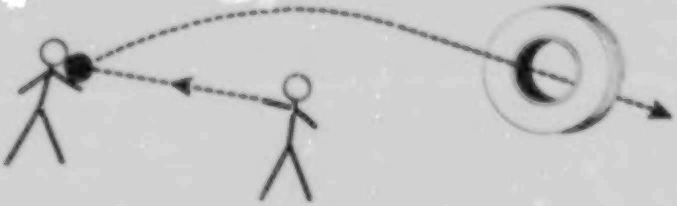
6. Stand the tires up on the treads in a straight line, with a little space between each tire. The student stands 20 yards away, dribbles up for 10 yards and takes a ground kick which will go through the spaces between the tires. She then takes an aerial kick which will go through the center of the tire. These drills will develop accuracy in scoring and passing.



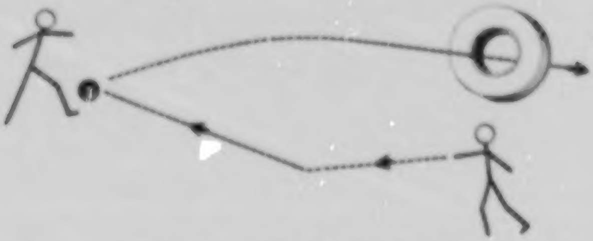


7. Lay the tire flat on the ground. The student stands with a partner, who is 10 to 20 yards away from the tire. The student tosses the ball into the air to her partner, who heads it into the center of the tire. After they exchange places, the student hits the tossed ball with her shoulder, aiming at the tire. This exercise develops accuracy in heading and shouldering the ball.

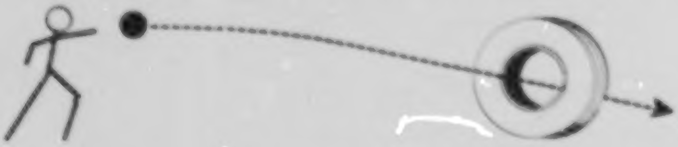




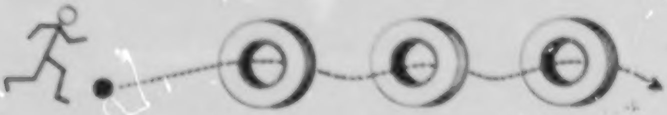
8. Again working in pairs and laying the tire flat on the ground, one student bounces the ball to her partner, who blocks the ball with her knee and then uses the instep of her foot to place the blocked ball into the center of the tire. This helps to develop accuracy in blocking the ball.



9. Lay the tire flat on the ground. The student stands 10 to 20 yards away and throws the ball into the center of the tire. She then rolls the ball to the tire. This will develop throw-ins.



10. Stand the tires up on the treads in a straight line, 10 to 15 yards apart. The student dribbles up to the tire, kicks the ball through the center of the tire, and moves to the other side, where she picks up the ball and continues the dribble. This exercise develops coordination, accuracy and agility.



Use the Analysis Approach to Improve Your Soccer

ROBERTA J. PARK

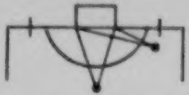
Roberta J. Park received A.B. and Ph.D. degrees at the University of California and an M.A. degree at Ohio State University, Columbus. She has taught at the Oakland Public Schools in California, Ohio State University, and the University of California, Berkeley. Currently she is supervisor of physical education and coordinator of women's physical education at the University of California, Berkeley. She is a member of AAHPER, CAHPER, NAPECW, WSPECW and USFHA.

Physical education teachers and coaches often find it useful to teach players how to analyze game skills and strategies. Students benefit by learning more about the game and by increasing their ability to deal with a greater variety of performance problems. It is the purpose of the two sections which follow to suggest two ways in which students might develop the ability to use the *analysis approach* to sports skills and strategies.

Strategy

The ability to deal with soccer strategy can often be improved by a knowledge of ball and angle fundamentals. The usual method of teaching strategy is to introduce students to a number of basic plays and encourage them to select the best of them – or attempt suitable modifications – to solve the problems which the game presents. This technique has its merit but is deficient in its assumption that the majority of the ever-changing strategy situations in the game will adequately approximate the plays which the student has learned – an assumption which is frequently not borne out in actual play.

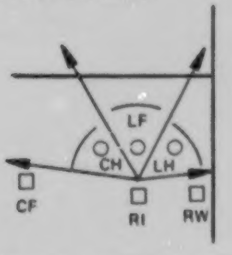
The ball and angle approach to strategy is most dramatically observable in goal shooting. When the ball is directly in front of the goal, the "available angle" is greatest (an obvious advantage for the attacking team and disadvantage for the defending team). As the ball moves out toward the sideline, and especially as it also moves closer to the goal line, the available angle diminishes.

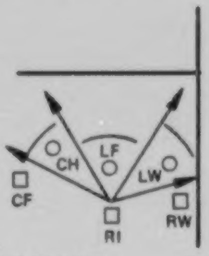


Strategy in soccer can be thought of as a gigantic chess-checker game. A team is composed of a specified number of pieces (players) – 11 in soccer – which must be maneuvered in relation to the opposing team's pieces (players) to accomplish the dual purpose of the game: (1) place the ball in the opponents' goal and (2) prevent the opponents from placing the ball in your goal.

As the game progresses, the key to changes in strategy is related directly to the location of the ball on the field at any given moment. The apex of the angle is always the ball. As the location of the ball changes, there must be a constant rearranging of players to accommodate the new angle(s) which develop. Precisely how each defensive player, for example, should best cover the area (angle) for which she is responsible depends upon such variables as: (1) Does the opponent for whom she is responsible have the ball? (2) Does an opponent next to the player for whom she is responsible have the ball? (3) Is the opponent most likely going to use a low kick, a lofted kick, etc.?

The team on the attack must know at each moment the angles into which it can most constructively place the ball and how to draw its opponents so that it can maximize the chances of opening up the most useful angles. Conversely, the team on defense must know which angles its opponents can most profitably utilize. The teacher can help players visualize this concept by the use of long lengths of colored yarn. The teacher holds the middle of a length of colored yarn at the ball, which, in the diagram below, constitutes the apex of the angle for which the center halfback (CH) is responsible. Two students then carry the ends of the yarn out to form the angle to which the CH must devote her attention. The process is repeated, preferably with different colored yarns, for the left halfback (LH) and left forward (LF). Whether a team plays the two-back system (Fullbacks marking Inners) or the three-back system (Wing Halfbacks marking Inners), the principle is the same. This method of helping students analyze angles can be adapted for use in almost any part of the field.





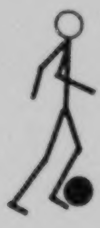
Skills

Players' ability to deal with a variety of performance techniques in soccer can often be improved by helping them learn how to apply basic mechanics in the analysis of sports skills. For example, the ball-supporting foot-kicking hip relationship is an important factor in executing different kinds of soccer kicks.

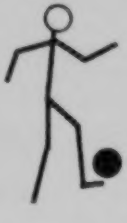
When a player wants to execute a low kick, the supporting foot is placed parallel with the ball and slightly to the side. This brings the hip (fulcrum) of the kicking leg more or less directly over the ball at the moment of impact and the impact is through the center of gravity of the ball parallel with the ground.

When the player wishes to execute a lofted kick, the hip of the kicking leg must be behind the ball at the moment of impact. Therefore, the supporting foot must be placed to the side of and somewhat behind the ball. The impact is through the ball's center of gravity (of the ball) but at an angle above the horizontal. (*Note:* Backspin may also be given to the ball by contacting it below its center of gravity.)

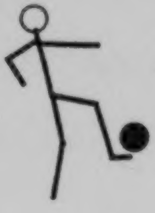
To execute the volley kick, the hip of the kicking leg would be still farther behind the ball at the moment of impact. Therefore, the supporting foot is placed even farther behind the ball.



Low Kick



Lofted Kick



Volley Kick

The above are only two of many examples of how basic concepts might be used to help players use their ability to analyze to improve their own sports skills and strategies. This approach can make learning more challenging and meaningful for students and improve their competency to cope with the many demands of soccer.

Skill Testing in Soccer

JUDITH SAURER

Judith Saurer joined the Edinboro College staff in 1966. She received her B.A. degree from Ohio Wesleyan University and a Masters Degree from Pennsylvania State University where she served on the Dean of Women's staff. She also taught and coached at the University of Pennsylvania for two years. Currently, she is active as the Executive Council Advisor of Alpha Gamma Delta Fraternity, and a member of AAUW. Mrs. Saurer is also a faculty representative to the Personnel Council of the College Senate at Edinboro.

A review of soccer literature did not disclose norms for skill testing. There is apparently a need for more skill tests and norms in the skill tests. With norms we can interpret the scores immediately and provide immediate feedback to motivate students to improve their level of ability. The goal must be realistic and well defined. Construction of a T-Scale for the various soccer tests would be a valuable asset for motivation, skill diagnosis, measurement of achievement and classification of students. Since local norms are preferred to national norms, the teacher should devise her own T-Scale and revise it annually. There must, however, be a starting point, and the following test and T-Scale are suggested only as a guideline.

A group of 29 women physical education majors were tested using a place kick for distance. Groups of five students were in the testing area while the other students were playing lead-up games and practicing in another area. The object of the test was to kick the ball for distance. One student was at the starting line with the ball placed at a marked spot on the goal line. Another student was assigned to watch the starting line to see that the testee did not step on or over it until after the kicked ball left the ground. Three students were in the field with pointed stakes to mark the spot where each ball hit the ground. Three consecutive balls were kicked by the testee and a stake was placed at the spot where each ball hit the ground. The kick could be preceded by steps or a run and it was imperative to kick the ball into the air since the distance was measured from where the ball first hit the ground. Two students in the field then took the measuring tape and measured the distance from the farthest ball to midpoint of the starting line. The instructor supervised and recorded the distance to the nearest foot. The students rotated so that each had an opportunity to kick three balls.

Scoring was as follows: zero end of tape was placed at the ball in the field and distance was measured to midpoint of the starting line to the nearest foot. Only the best of the three kicks was measured and recorded.

Scores ranged from 32 to 109 feet. The mean score was 62 and standard deviation was 14. On the basis of these scores, the following T-Scale was constructed:

T-Score	Distance in Feet
100	132
90	118
80	104
70	90
60	76
50	62
40	48
30	34
20	20
10	6

The median was 58 and quartile deviation was 11.2. Only 25 percent of the students scored below 51 and 25 percent scored above 73.

The test is not time consuming since only one of the kicks is measured. Thirty students could be tested in a 50-minute period. The objectivity of the test cannot be questioned since the measuring tape is a reliable means of measuring.

Although several different skill tests have been described in the literature, they all lack norms. A test that has norms should be preferred to one that does not. If T-Scales could be constructed for many soccer tests and revised annually, a valuable instructional tool would be available for soccer teachers. Since norms must be evaluated according to the group for which they have been constructed, it would be ideal to have a set of norms for junior high school girls, senior high school girls, and college women.

The writer suggests that a committee chairperson be appointed to be responsible for collecting T-Scales from various soccer teachers which could be published in the *NAGWS Guide*. Soccer teachers could be encouraged to use the tests found in the literature or construct their own and cooperate with the committee chairperson by sending her a brief description of the tests and norms established for each test. Teachers and students would both benefit from this service and the sport of soccer would be enhanced.

Try Problem-Solving Techniques in Soccer

THERESA SMITH

Theresa Smith is an assistant professor of physical education at Louisiana State University, New Orleans. She received her B.S., M.S. and Ph.D. degrees from Louisiana State University, Baton Rouge. She has had extensive teaching experience in elementary school physical education and in teaching and coaching women's team sports.

One of the difficulties in teaching field games to beginning students, particularly to younger ones, is the lack of development of proper spatial perception of both immediate and general space. Beginners frequently have difficulty adjusting to constantly changing spatial problems.

The problem of spatial perception is further complicated because there is value in the technique of limiting a player's use of space. To prevent beginning soccer from being a game where a knot of players constantly attempt to play the ball, in most instances teachers have resorted to highly structured drills and lead-up games. Thus, many techniques designed to prevent chaos possibly slow down the process of learning how to use space. Many practice experiences produce a well-ordered impression of space that is found in actual games.

Attention to problems of time, space and force relationships might help bridge the gap between traditional drills and the game situation. These concepts are not new but the emphasis is slightly different. Many teachers are incorporating some of these concepts into their practice periods. In addition to the practice of skill through drills, some are spending time on problem solving, with the teacher setting the problem and guiding student response (movement response).

It is important to realize that a problem-solving approach is not necessarily synonomous with a "pure" movement approach. Although mass activity initially may create spatial mass confusion, it need not be identified with sloppy use of skills and an absence of controlled learning environment. Below are sample problems.

Locomotor Movement Skills

1. Use walk, jog, run, progressively and interchangeably. Group of students work in well-defined but limited space. Area should be somewhat crowded, causing students to watch and think as well

as move. Students must assume responsibility for looking and moving obstacles for each other.

This problem could be stated, "Using a walk (jog or run), see if you can move around this area without bumping. Remember to watch for empty spaces."

2. Repeat the problem, adding the requirement that students make a quick change of direction on signal (hand clap, "change," whistle).
3. Modify the problem by having students move in circular, straight and zig-zag patterns.
4. Another modification involves working in partners, with one student as leader and one as follower. The leader determines the path of movement. The follower must stay with his leader. Partners should take alternate positions.

This problem might be stated, "Get with a partner. One is the leader and one is the follower. The leader sets the path and tries to keep the follower alert. The follower should try to stay close. Remember not to bump."

These problems could be repeated at intervals during the unit as warm-up or conditioning activities. Progression might also include change in size and shape of movement area and increase in the amount of time spent moving at fast pace. Stationary obstacles such as cones or markers can be added to complicate problems. Students can also work on problems in small groups of three or four.

Basic Soccer Skills

1. Set problem on a selected skill (e.g., dribbling) with which the students have some familiarity. Groups of students work independently, each with their own ball, in a limited space. Using dribble, student keeps the ball under control, moves anywhere in area and watches for empty space. Initially, teacher lets students set own pace, then gradually encourages an increase in speed. Control of ball is stressed.
2. Work on same problem (1) with teacher calling out changes of speed.
3. Repeat the problem, adding the requirement that the student make a quick direction change on signal.
4. Modify the original problem by enlarging area and adding cones or markers scattered irregularly in the area. Student dribbles ball but must make complete circle around marker when she comes to it.
5. Work on same problem (4) with student dribbling toward cone, then abruptly cutting away.
6. In this problem all students work in partners within the limited area. One dribbles the ball then passes it to her partner, etc.

Encourage the partners to separate but to watch for each other. Cones may be added later as obstacles.

7. Have students again work in partners with a leader and a follower. While the follower is dribbling, the leader attempts to find clear area and to keep the follower alert.
8. A circuit can be devised with slightly different dribbling problems:
   a) Scatter markers in one area. Students try to travel through the area without bumping into the markers or other students.
   b) Establish a narrow, clear area. Have students travel through the area as fast as possible.
   c) Set up markers to form a slalom course and have students travel through the gates.
   d) Using a clear wall section, have students travel through area, alternating dribbles and passes against the wall. Later, markers can be placed in this area as stationary obstacles.
10. Problem can be used with students dribbling the ball individually in a limited area. As obstacles, substitute markers with stationary students. Then make adjustments by allowing the stationary students to become reaching (feet) obstacles. No specific attempt is made to tackle ball.
11. Limited area problems can be used to work on certain combinations of other skills (e.g., pass and trap) with partners. One student is the "mover" and other is "stayer" who passes ball so that "mover" has to move but has a good chance to trap the ball. Mover traps ball and passes directly back to stayer, trying not to make the stayer move. Teacher stresses difference in roles. Students alternate roles.

This problem can be further modified by having both partners work as movers or by students working in threes, with two students as stayers and one as a mover. The first stayer passes to the mover, who moves to trap the ball and then passes it directly to the second stayer. Encourage students to change positions slightly between turns. All three could also work as movers. Markers can be added as obstacles.

A Wall to Win

WILLIAM STEVENSON

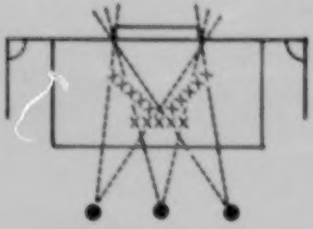
Bill Stevenson is a graduate of State University of New York at Cortland (B.S.) and Springfield College, Springfield, Massachusetts (M.S.). He teaches physical education and coaches the soccer (men's) team at Nassau Community College, Garden City, New York. His record at Nassau over the past four years is 54-16-5.

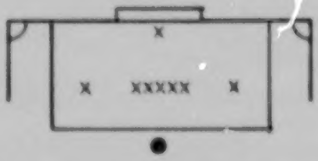
Soccer involves many offensive and defensive formations which, although given very structured names such as 4-2-4, 4-3-3, 3-3-4, are quite flexible and permit much movement and variation. There are times, however, where definite formations are used, such as the setting up of a wall to protect against direct and indirect free kicks. A game can be won or lost, depending on the ability of a team to set up a wall quickly, confidently and correctly.

If a direct or indirect free kick is awarded to the attacking team at 25 yards or less, it is very possible for a skilled opponent to score. The building of a wall between the goal and ball, however, reduces this possibility tremendously. Every coach has his own way of deploying players for this purpose.

When a free kick is awarded within 25 yards, a tight wall made up of the five tallest defensive players is set up. These players must know their positions in the wall, and get to them immediately. The use of five players in the wall (unless the ball is placed either far to the right or left of center) is essential. Less than five players will allow a shot just outside the wall to catch a corner of the goal. Using more than five players is unnecessary except when an indirect free kick goes close to the goal mouth. The principle of using the wall is that any ball kicked over the wall should be high enough to go over the goal and any shot around the wall should be wide enough to go outside the posts. A five-player wall normally causes the kicked ball to go around or the drop ball to go over the wall and take such a long flight path that a competent goalie has an excellent opportunity to stop it.

The wall must remain in tight position until the ball has been kicked. It should not be prematurely broken up by tactics of the kicking team such as having one or two fake kickers step over the ball and break towards the outside of the wall. If a player or players leave the wall to pick up these players and the kicker places the ball in the spot which was vacated, a goal could easily be scored. The wall must hold and other players on the defensive team are usually placed even with the line of the wall and about eight feet wide of the end of the wall so they can cover the breaking players.





No defensive player except the goalkeeper should take a position behind the wall because it will permit the offensive team to move players closer to the mouth of the goal and still be in an onside position.

Offensive teams often try to penetrate the wall by placing their own players in the wall. To combat this, let them take these positions and then set up directly behind them.

A free kick within 25 yards of your goal can be so dangerous that all 11 players may be needed on defense. Line players are instructed to take a position from which they can move in quickly to defend player-to-player any teammate whom the defense cannot cover. It is worth forfeiting a possible offensive attack of your own to stop an excellent opportunity for your opponents to score.

In setting up a wall, three basic factors must be adhered to: speed, positioning and structure.

Speed. Once the ball is placed at the spot of the infraction, the official should start play immediately. Although the official does not have to wait for the defense to set up, she will, however, hold up the start of play until all defensive players are five yards from the ball. A well-coached team will try to get the ball into play as quickly and effectively as possible. The speed in which the wall is set up is critical. As mentioned previously, one player should try to linger in front of the ball until the defense has set up, but should never touch the ball, and upon the official's request must move immediately. Refusal to do so results in a warning and then removal from the game.

Positioning. The placement of the wall in relation to the ball and goal is salient. A wall too far to one side will give the kicker an open shot at a corner of the goal. It is the responsibility of the goalkeeper and a predetermined player (usually the end player) to position the wall properly. From this vantage point, the goalkeeper can line up the ball exactly with the corners of the goal and thereby construct the wall, starting from the post nearest the ball. The predetermined player then takes her position and should be the only player who turns to check with the goalkeeper. The other players should assume their positions and carefully watch the offensive team. When the end player has been properly placed by the goalkeeper, the other four set up next to her. This method is more efficient than having five players constantly turn to check with the goalkeeper and look in the wrong direction when the ball is kicked. The goalkeeper must also place herself in a position to best cover the goal mouth for any shot that might get through. If the ball is being kicked from the extreme right or left, the goalkeeper should be positioned at the post. As the position of the ball moves closer to the center of the field, so should the goalkeeper.

Structure of the Wall. The axiom that a chain is as strong as its weakest link also applies to the structure of a wall. If one player moves or does not cover properly, no matter how well the other four perform, a goal could result. Players forming the wall should be properly schooled on stance and positioning. They should be tested in practice by kicking balls at the wall for shyness, fear or any protective move which could be fatal. Place the tallest of these players in the middle and the player with the most leadership ability at the end of the wall or in the set-up position. Each player should have a definite position so that she is always next to the same person and in the same place every time. If possible this position should correspond to the position she plays in the game. For example, if a player is a right fullback, she should be on the right side of the wall so that when it breaks up, she is close to her area of play.

Once you have developed a certain phase of the game, incorporate it in the daily workouts. Have a specialities time in the workouts to cover specific areas such as the wall technique. Use substitutes in these drills so if they are confronted with different situations they will be able to perform their responsibilities.

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Revised by **GRACE C. KENNEY**
Gettysburg College
Gettysburg, Pennsylvania

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Soccer News. Soccer Publications, Inc., Box 153, New Rochelle, NY 10802. Published monthly.

Soccer Visual Aids

Revised by CAL PAPATSOS
Queens College
Flushing, New York

Soccer. Series of 11 films. Distributor: Athletic Institute, 805 Merchandise Mart, Chicago, IL 60654. Sale $18.95 ea., $198 series. Consultant: Gene Kerney, Michigan State University. Demonstrators: Alexander Shotarek, George K. Shanes and Edward Shotarek. Films cover the following skills:

1. Kicking
2. Trapping – Ground Balls
3. Trapping – Balls in Air
4. Heading and Backheading
5. Dribbling
6. Tackling
7. Throw-in
8. Goalkeeper (Part I)
9. Goalkeeper (Part II)
10. Goalkeeper (Part III)
11. Goalkeeper – Clearing

Soccer – Girls. 1969, si., sd. Series of six filmstrips. Distributors: Sale – Athletic Institute, 805 Merchandise Mart, Chicago, IL 60654. $40.50 (si. with guide), $49 (sd. with records). Rent – Association Instructional Materials, 600 Madison Ave., New York, NY 10022. $4.50. Filmstrips cover the following subjects:

1. The Game – History, field dimensions, terminology
2. Basic Skills and Techniques – Dribbling, passing, trapping
3. Volleying – Head, shoulder, knee, foot, instep kick
4. The Goalkeeper – Saving, throwing, kicking
5. Team Tactics – Kickoff, intercepting and marking, tackling
6. Special Situations and Tactics – Kickoff, free kicks, kick-in defense kick, corner kick, roll-in

OFFICIAL SOCCER RULES FOR GIRLS AND WOMEN

Soccer is played by two teams of 11 players each. At the beginning of the game, each team lines up on its own half of the field. The game starts with a *kick-off* awarded to one team. The object of the game is for each team to advance the ball legally down the opponents' half of the field and score a goal by sending it between the opponents' goalposts under the crossbar. The team having the larger score at the end of the playing time wins the game.

*** Indicates a rule change.**
√ Indicates change in wording.

RULE 1. FIELD AND EQUIPMENT

Section 1. Playing Field

a. Dimensions of the field

Maximum length – 100 yards	Maximum width – 60 yards
Minimum length – 80 yards	Minimum width – 40 yards

√ Where shorter fields are used and width is available, use it; 80 x 60 is better than 80 x 40 yards.

b. Field markings

(1) *Halfway line.* The halfway line shall be drawn across the field connecting the middle points of the two sidelines. The center of the halfway line shall be indicated.

(2) *Restraining lines.* A restraining line shall be drawn from sideline to sideline five yards from and on each side of the halfway line, parallel with it.

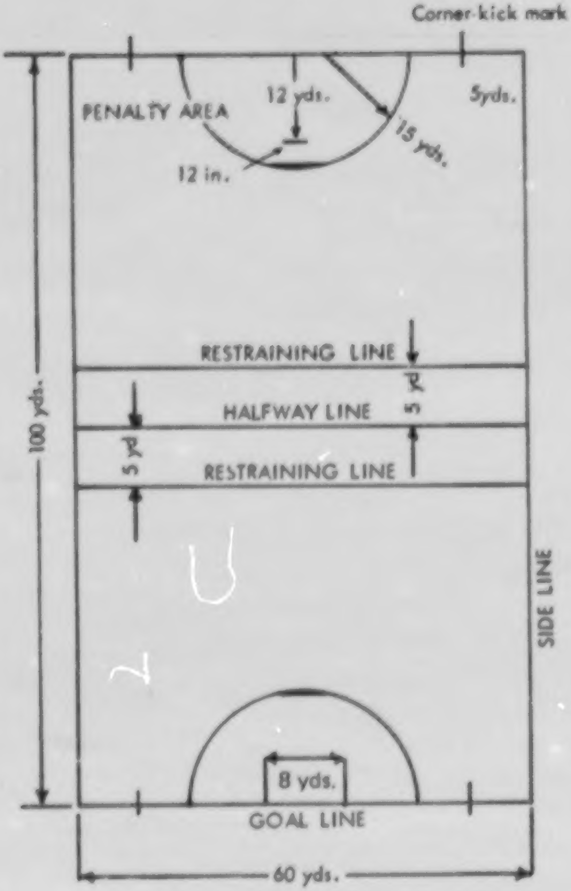
√(3) *Penalty areas.* In front of each goal, parallel to the goal line and 15 yards from it, shall be drawn a line four yards in length. From the ends of this line to the goal line shall be drawn quarter circles, the radius being 15 yards. The spaces enclosed by these lines, including the lines themselves, shall be called the *penalty area.*

(4) *Penalty kick marks.* The penalty kick mark is a line 2 feet long marked parallel to each goal line, 12 yards from the center of the goal.

(5) *Corner kick marks.* The corner kick marks are marked across the goal lines, 5 yards from each corner, 3 feet in length and parallel to the sidelines.

*c. Goals

The goals shall be upright posts 8 yards apart, with a horizontal bar 8 feet from the ground. The posts shall be fixed on the goal line


Corner-kick mark
PENALTY AREA
12 yds.
5yds.
15 yds.
12 in.
RESTRAINING LINE
5 yd
HALFWAY LINE
5 yd
RESTRAINING LINE
100 yds.
SIDE LINE
8 yds.
GOAL LINE
60 yds.

Soccer Field

equidistant from the corners. The maximum width of the goalposts and the maximum depth of the crossbar shall be 5 inches.

(1) *Goal nets.* The goal nets shall be attached to the posts and crossbar and fastened to the ground behind the outside edge of the goal line.

Section 2. The Ball

The circumference of the ball shall be not less than 27 inches nor more than 28 inches. The outer casing of the ball must be of leather, enclosing a tightly inflated rubber bladder. No material shall be used in the construction of the ball which would constitute a danger to the players.

***Section 3. Uniforms**

Uniforms of the opposing teams must be of contrasting colors. In the event of a similarity of color, the home team shall be responsible to make the necessary change. This could be done by the wearing of pinnies. The jersey of the goalkeeper must be distinctly different from that of any teammate or opponent.

Shoes must conform to the following standards: all cleats, studs or bars shall not be less than one-half inch in diameter or width, and they shall not project from the sole or heel of the shoe more than three-fourths of an inch. Leather, rubber, nylon or plastic cleats with steel tips are legal if they conform to the width and length specifications. Shoes that have molded soles with multiple one-half-inch diameter cleats which do not extend more than five-sixteenth of an inch from the sole and are not of an extreme conical design, are suitable. Shin guards should be worn for leg protection.

A player may not wear anything which is dangerous to another player. The umpire in each game shall examine the equipment of each player. Check shoes. If a player is wearing any equipment not in compliance, she shall be sent off the field. She shall return after reporting to the umpire, who shall check to see that the player's equipment is in order.

RULE 2. OFFICIALS

*SECTION 1. THE OFFICIALS SHALL be two umpires, two scorekeepers, two timekeepers and four lines people.

SECTION 2. EACH UMPIRE has approximately one-half of the field to cover for the entire game, without changing sides. The field is divided by an imaginary line drawn diagonally from corner to corner. Each umpire is responsible for the sideline nearer her, and the goal line and play behind the goal line to her right.

The umpire on the side nearer the scorer's table shall recognize substitutes and shall give the time-in signal on the center kickoff.

*SECTION 3. OFFICIALS' UNIFORM SHALL consist of a vertically striped black and white shirt or blouse and black or navy shorts, slacks or skirt. Shoes should be similar to those worn by the players.

Section 4. THE UMPIRE SHALL –

a. Make all decisions for infringement of rules committed within or outside the boundary lines from the beginning of the game to the end, including a period of temporary suspension.

b. See that all kickoffs, free kicks, defense kicks, corner kicks and penalty kicks are properly taken.

*c. Count down last 60 seconds if a ball is in front of the goal. Any goal made as time runs out does not count.

*d. Suspend a game because of unforeseen weather conditions. If less than half the game has been played, the game shall be rescheduled. If one complete half or more has been played, the official shall declare a completed game.

*e. Check all players' cleats before the game to see that they conform to the rules.

f. Use her whistle at the beginning of the game, and before each succeeding kickoff, including that at the beginning of each quarter.

g. Use her whistle to signify that the ball is out of play.

*h. Use her whistle to put the ball into play only in case of a kickoff, penalty kick, drop ball or after a temporary suspension of the game. In all other cases of putting the ball into play, she shall omit the use of the whistle.

i. Use her whistle to signify that a field goal or penalty kick has been scored.

j. Refrain from putting the provision of any rule into effect if by so doing she would be giving advantage to the offending team.

k. Explain warning for challenge on goalkeeper to captains and coaches.

SECTION 4. THERE SHALL BE TWO SCOREKEEPERS, one of whom shall be official. The scorekeepers shall –

a. Record the names of the players and substitutes of each team and their positions.

b. Record all scores made by each team from field goals and penalty kicks.

c. Record the number of time-outs taken by each team and notify the umpire in case of more than two *d. Record the team taking the kickoff at quarters and overtime periods.

e. Sound horn for substitution when the ball is not in play.

SECTION 5. THERE SHALL BE TWO TIMEKEEPERS, one of whom shall be official and shall operate the stopwatch during playing time. The others shall have charge of time-outs. The timekeeper shall –

a. Keep account of playing time and time-outs.

b. Signify by means of a horn the termination of each playing period.

*c. Shall go out onto the field for the last 60 seconds of each quarter.

*SECTION 6. THERE SHALL BE 4 linespeople, two from each team. The linespeople shall assist the umpire by indicating when and where the ball went out of bounds. The umpires will decide the point at which the ball crossed the sideline. The linespeople shall act as ball retrievers to avoid delay of the game.

RULE 3. PLAYERS AND SUBSTITUTES

SECTION 1. AN OFFICIAL TEAM SHALL be composed of 11 players; five forwards (left wing, left inner, center, right inner, and right wing), three halfbacks (left, center and right), two fullbacks (left and right), and one goalkeeper.

SECTION 2. A CAPTAIN SHALL be designated for each team. The captain, or someone appointed to act as captain, must be on the playing field at all times.

*SECTION 3. SUBSTITUTES. Substitutes may be put into the game for players who for any reason have been taken out. A player who has been taken out of the game for any reason other than disqualification may be allowed to reenter the game any number of times. A player is not to be considered out of the game if no substitute is put in her place. Before going into the game, the substitute shall report to the scorer. The umpire shall call time-out and recognize the player, and the substitute shall then take her place on the field. If this procedure takes more than 30 seconds, time-out shall be charged to the team making the substitution. If a team substitutes more than one player at a time, the team is allowed a maximum of 30 seconds for making the substitutions. If both teams make substitutions at the same time, each team shall be allowed a maximum of 30 seconds.

SECTION 4. A TEAM CAN SUBSTITUTE –

a. On a throw-in

b. AFter a goal is scored

c. Ball goes over the end line

d. Between periods

e. Team time-out

f. Before a penalty kick

g. For a disqualified player

h. Injury

*RULE 4. DEFINITIONS OF SOCCER TERMS

ATTACKING TEAM. Team which has possession of the tall.

BLOCKING. Intercepting the progress of the ball with some part of the body. It is legal to block with the arms and hands if they are in total contact with the body.

*CARRYING. An infringement of the rules by the goalkeeper when she takes more than 4 steps while holding, bouncing or throwing the ball.

*DANGEROUS KICKING. Raising the leg to shoulder height while an opponent is near by.

DEFENDING TEAM. The team which is attempting to gain possession of the ball while at the same time defending their own goal.

DIRECT FREE KICK. A free kick from which a goal may be scored directly.

DOUBLE FOUL. A double foul is an infringement of the rules committed simultaneously by a member of each team, for which a drop ball is awarded.

DRIBBLING. A succession of forward kicks in which the player keeps the ball under control.

*DROP BALL. One which the official holds waist high and lets the ball drop directly from her hands to the ground between any two players, excluding the goalkeeper.

DROP-KICK. A ball which is dropped to the ground and is kicked just as it rebounds from the ground. Only the goalkeeper within her own penalty area is permitted to drop-kick.

✓* HANDLING. Contacting the ball intentionally with the hand or any part of the arm when the hands and arms are not in complete contact with the body.

HOLDING. Impeding the progress of a player by placing the hand or extended arm in contact with the player.

INDIRECT FREE KICK. A free kick from which a goal may not be scored directly.

*LOW HEADING. Lowering the head to waist level or lower in the presence of an oncoming opposing player.

*OFFSIDE. A player is in an offside position if she is nearer her opponents' goal line than the ball at the moment when the ball is played by one of her own team unless (1) she is in her own half of the field; or (2) there are at least two of her opponents, one of whom may be the goalkeeper, nearer their own goal line than she is.

OWN GOAL. The goal the team is defending.

OWN HALF OF FIELD. The half of the field in which their own goal is located.

PASSING. Advancing the ball from one player to another by means of a kick.

PLACE KICK. A kick made while the ball is stationary on the ground.

PUNT. A ball which is dropped and is kicked before it strikes the ground. Only the goalkeeper within her own penalty area is permitted to punt the ball.

THROW-IN. Manner of putting the ball in play after it has gone wholly over the sideline.

TRAPPING. Stopping the progress of the ball by securing it under the foot, between both feet, or between the front of the leg or legs and the ground.

UNNECESSARY ROUGHNESS. Any act which might cause injury to an opponent. This includes dangerous kicking in an attempt to gain possession of the ball or kicking a ball directly into a player standing at close range without regard for the player's safety.

*UNINTENTIONAL HANDLING. The ball strikes or touches the hands or arms of a player. This shall not be penalized even though the advantage gained by the unintentional handling may go to the offending team or player.

RULE 5. SCORING AND TIMING

SECTION 1. SCORING

*Field goal	1 point
Penalty goal	1 point
*Defaulted game	1-0
*Tie game	overtime period

a. Field goal

(1) A field goal shall be scored when the ball has been kicked or legally given impetus with the body so that it passes wholly between the goalposts and under the crossbar. A field goal may be scored from any spot within the field by any player who is not offside. If such a ball is last touched by a defensive player, a goal shall be scored for the attackers.

*(2) A field goal may be scored directly from a drop-kick, a corner kick, or a free kick awarded for tripping, kicking, striking, jumping at, holding or pushing an opponent, handling the ball, or unnecessary roughness, dangerous kicking or low heading.

SAMPLE SOCCER SCORESHEET

TEAMS Socketts vs. Dauntless

Kick off 1 2 3 4

PLAYERS	1st Half FG	1st Half PG	2nd Half FG	2nd Half PG	NO.	Position	NO.	PLAYERS	1st Half FG	1st Half PG	2nd Half FG	2nd Half PG
Mary White					32	RW	18	Beverly Boundy				
Joan Yoeman	2				40	RI	14	Nancy Holmes				
Sylvia Meriman				1	28	CF	11	Eunice Keetan	2			
Carolyn Kelly					16	LI	29	Marcella Sowers	2		2	
Rachel Green					10	LW	36	Cleo Tanner				
Marilyn Carter					17	RH	45	Pat Holle				
Janice Owens					19	CH	12	Judy Lawrence				
Jean DeMotte					20	LH	9	Lois Strayer				
Jane Beals					42	RF	15	Mary Johnson				
Mary Ann Glenn					48	LF	21	Wanda Cooper				
					52	G	33					
Time out	~~1~~	~~2~~						Time out	~~1~~	2		

WON BY Dauntless DATE

SCORE 6-3 PLACE Lowell High School

[illegible]	~~1~~	~~2~~	~~3~~	~~4~~	~~5~~	~~6~~	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34
	~~1~~	~~2~~	~~3~~	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34

(3) A field goal may not be scored directly from a kick-off, a defense kick or from free kicks awarded for improperly taken kicks, offsides or any infringement of goalkeeper's privileges by the goalkeeper.

(4) When a field goal may not be scored directly from a kick but a player nevertheless shoots for goal, the goal, if made, shall not count even though a defense player touches ball on its way to the goal.

✓b. Penalty goal

A penalty goal shall be scored when the ball passes wholly between the goalposts and under the crossbar, having been kicked directly from the penalty kick mark by the player taking the penalty kick. Such a kick, deflected into the goal by a defending player, shall score one point for the attackers.

c. Defaulted game

Failure of a team to appear for a scheduled game, failure to have 11 players to start play, or failure to have at least 9 players to continue play constitutes a defaulted game. When the defaulting team has the lower score, the game score shall stand.

*d. Tie game

In case of a tie game, two extra periods of three minutes each are to be played. If the score is tied at the end of the two overtime periods, the game is tied. The interval between the fourth period and the first overtime period shall be three minutes. The interval between the first and second overtime period shall be two minutes. The ends of the field shall be changed at the beginning of the first and second overtime periods. The team which did not have the kickoff at the beginning of the fourth quarter will kick off at the start of the first overtime period. The other team kicks off at the start of the second overtime period.

SECTION 2. TIMING

a. Length of game

*The game shall consist of four quarters of 10 minutes each, with a 2-minute rest interval between the first and second quarters and third and fourth quarters, and a 10-minute interval between halves. A 2-minute rest interval will be called between the first and second overtime period.

*(1) The periods may be shortened to no less than four minutes by mutual consent of the coaches. The umpire must be notified.

(2) If a penalty kick is awarded and the whistle sounds for

quarter, halftime or game, extra time shall be allowed to permit the penalty kick to be taken.

(3) The final horn of the timekeeper shall indicate the end of playing time.

b. Time-out

(1) Time-out may be taken only when the ball is not in play, or at any time in case of injury.

(2) Time-out may be taken only when ordered by the umpire.

(3) Time-out may be requested by any player on the field.

(4) Two time-outs of two minutes each shall be allowed each team during the game.

(5) Time-out shall be called by the umpire and shall not be charged to the team in case of injury, disqualification, legal substitution (maximum 30 seconds), or any other unavoidable suspension of play.

(6) Play is resumed, after time-out is taken, in the following manner:

(a) If the ball is out of bounds when time-out is called, it shall be put in play from out of bounds.

(b) If time-out is requested just after a foul is called, play shall be resumed by putting into effect the penalty for the foul.

(c) If time-out is called after a goal has been scored, play shall be resumed by a kickoff.

√(d) In case time-out is called unavoidably when the ball is in play, play shall be resumed by a drop ball on the spot where the ball was when time-out was called.

RULE 6. THE GAME

SECTION 1. PRELIMINARIES

√a. The coaches shall furnish scorers with the names and positions of their players before the game.

b. Captains shall indicate the goalkeeper to the umpire before starting play and when making any change in goalkeeper. The umpire shall make it known to the captain of the opposing team when any change is to be made in the goalkeeper.

c. The winner of the toss shall have the choice either of deciding which team shall kick off or selecting the goal which her team is to defend. At the beginning of each quarter, the kickoff shall be taken by the team which did not kick off at the beginning of the previous quarter.

*d. Goals shall be changed at half time and at the beginning of the first and second overtime periods. The team which did not have the kickoff at the beginning of the fourth quarter will kick off at the start of the first overtime period.

√e. Coaches may agree to shorten the playing time, and if so, notify the umpire of their decision by half time.

SECTION 2. KICKOFF

√*a. The game shall be commenced by a place kick from the center of the field in the direction of the opponent's goal. The ball must be kicked into the opponent's territory at least the distance of its own circumference. The player who kicked the ball may not touch it again until it has been touched by another player. No opponent shall cross the restraining line, and no teammate of the one making the kick shall cross the halfway line until the ball has been kicked. No defensive player may be closer than five yards. A teammate of the player taking the kickoff may be anywhere in her own half of the field.

b. After a goal is scored, the team scored against shall take the kickoff.

Penalty – For any infringement on the kickoff, an indirect free kick shall be awarded at the spot where the foul occurred.

SECTION 3. PLAYER'S PRIVILEGES

a. A player may dribble, volley, block, trap or pass the ball. In blocking the ball at chest height, a player should fold her arms across her chest as a means of protection. If this is done, a foul shall not be called if the arms are not raised from this position to meet the ball. (Heading and shouldering are types of volleying.)

b. A player in possession of the ball may place herself between her opponent and the ball.

c. A player may kick the ball while it is trapped by an opponent, provided she does not commit a foul.

√d. A player may play the ball without waiting for the umpire's whistle except in the case of the kickoff, penalty kick and dropball.

√e. A player may run forward any number of steps preliminary to taking a free kick, penalty kick, corner kick, defense kick and kickoff.

*f. A player shall be penalized if she charges the goalkeeper in the penalty area. The umpire will remove without caution any player who intentionally charges the goalkeeper. The umpire will explain this to the teams at the start of the game. If the contact is not intentional, she will warn the player involved. Possession or control of the ball includes when the goalkeeper has the ball trapped with either one or two hands, bouncing the ball and dropping the ball for the kick.

SECTION 4. OFFSIDE

*A player is in an offside position if she is nearer her opponent's goal line than the ball at the moment when the ball is played by one of her own team unless: (1) she is in her own half of the field or (2) there are at least two of her opponents nearer their own goal line than she is.

√A player should not be penalized for being offside unless she is playing the ball, interfering with another player, or gaining advantage from standing in an offside position.

√A player once offside can be put onside only in the following ways: (1) If she is behind the ball when it is next played by one of her own team or (2) if she repositions herself so that there are two opponents between her and her opponents' goal. A player may not be put onside by the action of the defense.

The ball hitting the goalpost, crossbar or umpire and rebounding does not put a player onside.

Penalty – For offside, an indirect free kick shall be awarded the opponents at the spot where the foul occurred.

SECTION 5. GOALKEEPER'S PRIVILEGES

A goalkeeper within her own penalty area may handle the ball.

The goalkeeper –

a. May pick the ball up.
*b. May bounce the ball any number of times to the edge of the penalty area. A bounce may be dribbling or a bounce and catch, as long as no more than four steps are taken.
c. May punt the ball.
d. May drop-kick the ball.
e. May throw the ball.
f. May combine bounces with a punt, or a dropkick, or a throw.
*g. May take four steps with the ball in her hands preceding a punt, a drop kick or a throw. This rule does not apply to a free ball. Immediately upon completion of the four steps and/or bounces, the goalie must get rid of the ball within three seconds.
*h. Must not be interfered with or impeded in any manner when in possession of the ball. Possession includes the acts

of dribbling with the hands, dropping the ball for a kick, or throwing the ball into the air and catching it.

Penalty – An indirect free kick is awarded for an infringement of any rule governing goalkeeper's privileges at the spot where the infringement occurred.

RULE 7. OUT-OF-BOUNDS

SECTION 1. THROW-IN

*When the ball passes wholly over the side, a player of the opposite team to that which played it out shall use a throw-in to send it into the field in any direction from the point on the sideline where it left the field of play. The player throwing the ball must stand outside the field of play with at least part of each foot touching the sideline, or on the ground outside the line, and must throw the ball into the field of play with any type of one-hand or two-hand throw. A few running steps may be taken as long as care is taken to keep a portion of both feet on the ground. The ball shall be considered in play as soon as it has been thrown. The thrower shall not play the ball again until it has been played by another player. All players must be five yards away until the ball has been thrown. If the umpire considers that an opponent is standing closer than five yards to delay the game, she shall allow the game to continue unless the opponents gain an advantage, in which case the throw-in shall be repeated.

A goal may *not* be scored directly from a throw-in.

Penalties – A throw-in shall be awarded the opponents at the spot where the infringement occurred when –

a. *The thrower contacts the ball a second time before it is played by another player.*

b. *A teammate of the thrower delays the game by standing closer than five yards.*

SECTION 2. DEFENSE KICK

When the ball is sent over the crossbar, or over the goal line outside the goalposts, by a player of the attacking team, it shall be kicked in by a place kick by any player of the defending team at a point anywhere on the quarter circles marking the penalty area. The ball shall be kicked forward at least the distance of its circumference. The defense kick is over when the ball has been kicked. The player taking the kick shall not play the ball again until it has been played by another player. No player shall be allowed within five yards of the ball until it has been kicked. If the umpire considers that an opponent is standing closer than five yards to delay the game, she shall allow the play to continue.

If an opponent is standing closer than five yards to the persons taking the defense kick and gains an advantage thereby, the defense kick shall be taken over.

A goal may not be scored directly from a defense kick.

Penalties – An indirect free kick shall be awarded the opponents at the spot where the infringement occurred when –

√a. *The kicker fails to kick the ball at least the distance of its circumference.*
b. *The kicker contacts the ball a second time before it is played by another player.*
c. *A teammate of the kicker delays the game by standing closer than five yards.*

SECTION 3. CORNER KICK

The ball is sent over the crossbar, or over the goal line outside the goalposts, by any player of the defending team. It shall be kicked in by a place kick taken by a player of the attacking team from a spot on the goal line five yards from the nearer corner.

The halfbacks, fullbacks and goalkeeper of the defending team must stand on or behind the goal line until the ball is kicked. The attacking forwards may be anywhere in the field of play until the ball is kicked; however, no player shall stand closer than five yards until the ball is kicked. If the umpire considers that an opponent is standing closer than five yards to delay the game, she shall allow the play to continue. If an opponent is standing nearer than five yards when the ball is kicked and gains an advantage thereby, the kick shall be taken over. The ball must be kicked at least the distance of its circumference. The player taking the corner kick shall not play the ball again until it has been played by another player. The corner kick is over when the ball has been kicked. If a defender moves past the goal line into the field of play before the ball is kicked and thereby gains an advantage, the kick shall be taken over again.

A goal may be scored directly from this corner kick.

Penalties – An indirect free kick shall be awarded the opponents at the spot where the infringement occurred when –

a. *The kicker fails to kick the ball at least the distance of its circumference.*
b. *The kicker contacts the ball a second time before it is played by another player.*
c. *A teammate of the kicker delays the game by standing closer than five yards.*

√ *SECTION 4. DROP BALL

When the ball is sent wholly over the sideline or goal line outside the goalpost by two opponents, the umpire shall put the ball in play by a drop ball five yards in from the sideline or goal line directly opposite the point where the ball left the field of play. If cause for a drop ball occurs within five yards of the goal, the drop ball shall be taken just outside the penalty area.

The ball shall be put into play by means of a drop ball for any temporary suspension of play, except on a free kick and in the penalty area. The drop occurs at the point where the ball was when play was suspended.

RULE 8. FREE KICK

SECTION 1. A DIRECT FREE KICK is awarded for the following fouls:

a. Those committed by either team outside the penalty area.
b. Those committed by the attacking team inside the penalty area.
c. Those which result in disqualification of a player or players.
*d. Dangerous kicking and low heading.

SECTION 2. AN INDIRECT FREE KICK is awarded for the following infringements:

✓a. An improperly taken free kick, corner kick, kickoff, penalty kick, defense kick or drop ball.
b. An infringement of the rule governing the goalkeeper's privileges.
c. Offside.

SECTION 3. WHEN THE FREE KICK has been awarded, a place kick is taken at the spot where the foul or infringement occurred by any player of the team awarded the free kick. The ball must be motionless when the free kick is taken and must roll at least the distance of its circumference before it may be played by another player. The kick may be taken in any direction. The kicker shall not play the ball again until it has been played by another player. No player shall stand closer than five yards from the ball until it has been kicked, with the following exception: If the free kick is awarded the attackers within five yards of the goal, the goalkeeper may stand on the goal line.

If an opponent is standing closer than five yards to the player taking the free kick and gains an advantage thereby, the free kick shall be taken over. The umpire shall refrain from awarding a free kick if it is to the advantage of the offended team to allow play to continue.

Penalties – An indirect free kick shall be awarded the opponents at the spot where the foul or infringement occurred when –

a. *The kicker taking a free kick fails to kick the ball at least the distance of its circumference.*
b. *The kicker contacts the ball a second time before it is played by another player.*
c. *A teammate of the kicker delays the game by standing closer than five yards.*

RULE 9. PENALTY KICK

SECTION 1. A PENALTY KICK IS AWARDED –

a. For fouls committed by a player of the defending team within the penalty area.
b. For a team taking more than two time-outs.
c. For failure to notify the umpire when the goalkeeper is changed and the new goalkeeper handles the ball in the penalty area.
d. For illegal substitution by a player or a coach's abuse of the privilege of substitution.

A penalty kick is awarded for the following fouls committed by a player of the defending side within the penalty area:

1. Tripping an opponent
2. Kicking an opponent
3. Striking an opponent
4. Jumping at an opponent
5. Holding an opponent
6. Pushing an opponent
✓7. Intentional handling ball
8. Unnecessary roughness
✓9. Low heading
✓10. High kicking

SECTION 2. **WHEN A PENALTY KICK IS AWARDED,** a place kick shall be taken from the penalty kick mark 12 yards from the goal. The ball must be kicked by an attacking player. The player taking the penalty kick must kick it forward and attempt to send it between the goalposts. All players, with the exception of the player taking the penalty kick and the defending goalkeeper, must be outside the penalty area and in the field of play. The defending goalkeeper may stand on the goal line, but must not advance beyond it until the ball has been kicked.

Penalties – An indirect free kick shall be awarded the opponents at the spot where the infringement occurred when –

a. *The kicker fails to kick the ball forward at least the distance of its circumference.*

SECTION 3. **A PLAYER MUST WAIT** for the umpire's whistle before taking the penalty kick. The ball shall be in play when the kick is taken. Only the goalkeeper may defend the goal. As soon as

the ball is kicked, the goalkeeper may rush into the penalty area. The ball shall not be played again by the kicker until it has been played by another player.
Penalty – An indirect free kick shall be awarded the opponents at the spot where the infringement occurred.

SECTION 4. A PENALTY GOAL SHALL be scored when the whole ball passes between the goalposts and under the crossbar direclty from the kick of the player taking the penalty kick, or it is deflected between the goalposts by a defender.

*SECTION 5. THE PENALTY KICK SHALL be considered over when the goal has been made or missed directly from the kick. A penalty kick which passes over the crossbar, or over the goal line outside the goalposts, shall be played as an out-of-bounds ball. After a missed penalty kick, a legally executed follow-up kick which passes between the goalposts and under the crossbar shall score a one-point field goal.

*SECTION 6. IF A PENALTY KICK HAS BEEN AWARDED and the whistle sounds even if the ball is in the air, for quarter, halftime or game, extra time shall be allowed to permit the penalty kick to be taken, or retaken if goal was made.

SECTION 7. INSTRUCTIONS TO UMPIRES

√a. Although a penalty kick may be deserved, the umpire is empowered not to enforce it if to do so would benefit the offenders. If the goalkeeper advances before the ball has been kicked and the goal is not made, the umpire shall order the kick to be taken again. If a penalty kick is awarded and a score results, the umpire must ignore any infringement by the defenders and let the goal stand.

b. If an attacker who crossed into the penalty area before the ball was kicked makes or assists in making a field goal on the follow-up play directly after an unsuccessful penalty kick, the goal shall not count and the defenders shall be awarded a free kick.

c. The umpire shall not blow the whistle for the kick to be taken until all players are in their proper positions.

*d. The player taking the penalty kick must make a valid attempt to score.

√ RULE 10. DROP BALL

SECTION 1. THE DROP BALL IS TAKEN –

a. As a penalty for infringements or fouls committed simultaneously by members of each team.

b. When putting the ball into play after it is sent wholly over the sideline or goal line outside the goalposts by two opponents.

c. When putting the ball into play after a temporary suspension of the game, called when the ball was in play, in which case any two opponents may take the drop ball.

SECTION 2. DESCRIPTION OF DROP BALL:

*a. A drop ball is one which the umpire holds at waist level and lets drop directly from her hands to the ground between any two opposing players, excluding the goalkeepers. If the ball does not touch the ground before it is played, the umpire shall drop the ball again. A second violation by the same player on the same drop ball situation shall result in an indirect free kick to the opposing team. A goal may be scored directly from a drop ball. Players other than the two engaged in the drop ball situation may be anywhere on the field of play as long as they do not interfere with the drop ball procedures. A drop ball must be taken outside the penalty area.

b. When the ball is sent out of bounds by two opponents, the umpire shall put the ball in play by a drop ball between the two who were responsible, five yards from the point where the ball left the field of play.

*c. When a drop ball occurs within five yards of the goal, the drop ball shall be taken outside the penalty area.

A goal *may* be scored directly from a drop ball.

RULE 11. FOULS AND PENALTIES

*SECTION 1. A PLAYER SHALL NOT trip, kick, strike, hold, push or jump at an opponent, use unnecessary roughness, handle the ball, engage in high kicking or low heading, or charge the goalkeeper.

Penalties inside the penalty area –

1. *For any foul by the attacking team, a direct free kick shall be awarded the defending team at the spot where the foul occurred.*
2. *For any foul by the defending team, a penalty kick shall be awarded the attacking team from the penalty kick mark.*

√*3. *For any foul committed simultaneously by both teams, a drop ball shall be taken at the spot where the double foul occurred unless it occurred within five yards of the goal. Then it is taken just outside the penalty area.*

*4. *For intentional charging at the goalkeeper, the player shall be removed from the game and a direct free kick shall be awarded. If unintentional, player will be warned.*

Penalties outside the penalty area –

1. *For any foul by either team, the penalty shall be a direct free kick awarded the opposing team at the spot where the foul occurred.*

✓2. *For any foul committed simultaneously by both teams, a drop ball shall be taken at the spot where the double foul occurred.*

*SECTION 2. DISQUALIFICATION – The umpire may suspend any player or players from the game for unsportsmanlike conduct, unnecessary roughness or intentional charging of the goalkeeper, when she is in possession of the ball. When the goalkeeper has the ball trapped with either one or two hands, or when she is bouncing the ball she is considered in possession or control of the ball. A player or players so disqualified may not reenter the game.

Penalties –

a. *A direct free kick shall be awarded the opponents at the spot if the foul occurs outside the penalty area.*

b. *A direct free kick shall be awarded the opponents at the spot if the foul is made by the attacking team inside the penalty area.*

c. *A penalty kick shall be awarded the opponents if the foul is made by the defensive team within their own penalty area.*

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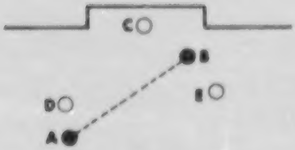
DIAGRAMS ILLUSTRATING OFFSIDE RULE

● Players attacking the goal
○ Players defending the goal

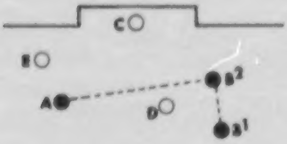
NO. 1 OFFSIDE



Clear Pass to Teammate

A has run the ball up and, having D in front, passes to B. B is offside because there are not two opponents between her and the goal line when the ball is passed by A. If B waits for E to get in front of her before she shoots, this will not alter her position in relation to A at the moment the ball was passed by A.

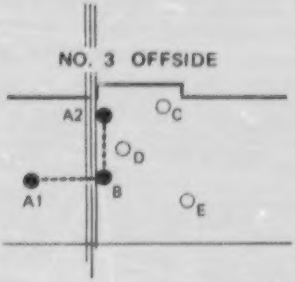
NO. 2 NOT OFFSIDE



Clear Pass to Teammate

A has run the ball up and, having E in front, passes across the field. B runs from position 1 to position 2. B is not offside because at the moment the ball was passed by A she was behind the ball and had two opponents between her and the goal line.

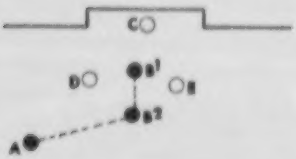
NO. 3 OFFSIDE



Clear Pass to Teammate

A and B make a passing run up the wing. A passes to B who cannot shoot because D is in front of her. A then runs from position 1 to position 2, where she receives the ball from B. A is offside because she did not have two opponents between her and the goal line when the ball was played by B.

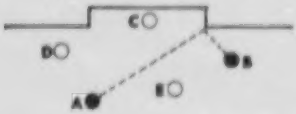
NO. 4 OFFSIDE



Running Back for Ball

A centers the ball; B runs back from position 1 to position 2, dribbles between D and E and scores. B is offside because she did not have two opponents between her and the goal line at the moment the ball was played by A.

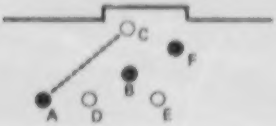
NO. 5 OFFSIDE



Ball Rebounding from Goalposts or Crossbar

A shoots for goal and the ball rebounds from the goalpost into play. B secures the ball and scores. B is offside because the ball is last played by A, her teammate, and when A played it, B did not have two opponents between her and the goal line and she is in front of A.

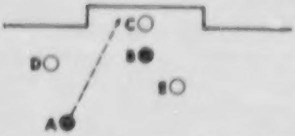
NO. 6 OFFSIDE



Shot at Goal Returned by Goalkeeper

A shoots at goal and is played by goalkeeper, C. B obtains possession but slips and passes to F, who scores. F is offside because she is in front of B, and when B passes the ball she did not have two opponents between her and the goal line.

NO. 7 OFFSIDE

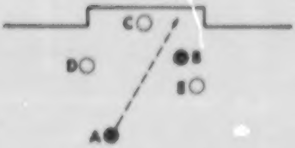


Obstructing the Goalkeeper

A shoots for goal and scores. B obstructs C so that she cannot get at the ball. The goal must be disallowed since B is in an offside position and may not touch the ball nor in any way whatever interfere with an opponnet.

DIAGRAMS ILLUSTRATING OFFSIDE RULE

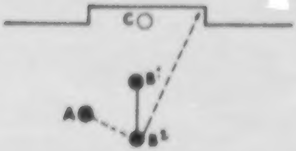
NO. 8 OFFSIDE



Obstructing an Opponent

A shoots for goal. B prevents E from running in to intercept the ball. B is offside because she is in front of A and does not have two opponents between her and the goal line when A plays the ball. When in this position, B may not touch the ball or in any way interfere with an opponent.

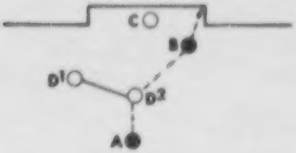
NO. 9 OFFSIDE



Getting into Onside Position

When A receives the ball, B is offside at position 1 because there are not two opponents between her and the goal line. B runs back from position 1 to position 2, receives a pass from A, and scores. B put herself from an offside position to an onside position by being behind the ball when it is next played by a teammate. A player not ahead of the ball when it is last played cannot be offside.

NO. 10 OFFSIDE



Ball Touching an Opponent

A shoots at goal. D runs from position 1 to position 2 to intercept the ball but it glances off her foot to B, who scores. The goal is disallowed since B was in an offside position. B did not have two opponents between her and the goal line when the ball was played by A and she cannot be put onside by action of the defense.

FUNDAMENTALS OF OFFSIDE

1. One of the fundamentals to remember with offside is the position of the ball with respect to the player.
2. A player once offside cannot put herself onside. This can be done for her only if:
   a. an opponent next plays the ball
   b. she is behind the ball when it is next played by a teammate.
   c. there are two opponents between her and her opponents' goal line when the ball is played by one of her teammates who is farther away from the goal line than she is.
3. The ball rebounding off a goalpost or crossbar does not put a player onside who was offside when the ball was last played.

SOCCER SIGNALS

Many signals used in basketball and football can be adapted for soccer. They are:

1. Time out, foul
2. Time out, no foul
3. Time in
4. Time out, jump (for drop ball)
5. Point scored
6. Field goal scored
7. Cancel score
8. Pushing (for all fouls involving personal contact)
9. Line violation (for all out-of-bounds balls)

Consult the *NAGWS Basketball Guide* for signals. For other calls such as defense kick, corner kick or free kick, a verbal signal indicating the kind of kick to be taken and an arm signal indicating the direction that the ball is to be kicked are sufficient. Verbal signals should be combined with arm signals frequently to interpret the game as completely as possible to the players.

In addition to encouraging students to practice officiating, the teacher should never underestimate the value of educating students to call their own out-of-bounds balls and fouls involving handling the ball. No officiating system can ever be more effective than honesty and self-direction in the students themselves.

Differences Between High School Boys Rules and NAGWS Rules

CHERRIE SEARS
PEGGY DINAN
DOLORES FABER

Cherrie and Peggy are physical education majors at Nassau Community College, Garden City, New York. Cherrie plays on the varsity volleyball, basketball and softball teams and Peggy is on the varsity volleyball and softball teams. As a freshman at Nassau, Cherrie was elected to the Outstanding College Athletes of America; she is president of the Women's Recreation and Athletic Association.

Dolores "Curlie" Faber is director of women's athletics at Nassau. She graduated from Long Island University and received her master's degree from Columbia Teachers College. She served two terms as president of the New York State Athletic Association for Junior College Women, is on the AIAW Volleyball Committee, and has been elected to Who's Who in America *and the* World Who's Who of Women.

	BOYS	NAGWS
Field	100-120 yards long 55-75 yards wide	80-100 yards long 40-60 yards wide
Markings	Half line and half way circle divides field in half	Half line divides field in half; restraining line – five yards on either side of half line, running sideline to sideline.
Goal Area	Six yards from and on either side parallel to the half line; each goalpost is extended onto the field of play for a distance of 6 yards; a line drawn at right angles to the endline and joined by a line parallel to the endline.	None.

Penalty Area

18 yards from each goalpost a line drawn at a right angle to the endline and 18 yards into the field of play joined by a line parallel to the endline.	Parallel to the goal line and 15 yards from it is a line 4 yards in length. From the end of this line to the goal line is a half circle, the radius being 15 yards.

Corner Kick Mark

From each corner, into the field of play, is a quarter circle with a 1-yard radius.	Three-foot mark going across the goal line, parallel to sidelines and 5 yards to each corner.

Officials

2 referees 2 timers 2 scorekeepers 2 ball boys 2 linesmen	2 umpires 2 timekeepers 2 scorekeepers 4 lines people

Timing

15-minute quarters 10 minutes between halves 2 minutes between quarters 2 overtime periods, 5 minutes each	10-minute quarters 10 minutes between halves 2 minutes between quarters 2 overtime periods, 5 minutes each

Kick-off

Defending team must be 10 yards away	Women's defending team must be 5 yards away

Throw-in

Player must face the field of play, use 2 hands to throw ball from over and behind the net.	Part of each foot of player taking throw-in shall be either on the endline or on the ground outside the line of play.

Tackles

Sliding tackle within peripheral vision legal.	Sliding tackle illegal.

NAGWS SPEEDBALL COMMITTEE*
1972-1974

NANCY CLARK, *Chairman*, Carmen High School, Flint, MI 48504
SARAH ERBAUGH, *Past chairman*, Purdue Univ., Lafayette, IN 47907
CLAUDIA JO BLACKMAN, Southern Illinois Univ., Carbondale, IL 62901
KAY BRECHTELSBAUER, Southern Illinois Univ., Carbondale, IL 62901
MARILYN HERMANN, 39 Devon Road, Great Neck, NY 11023
IDA STEILER, 1111 S. Kentucky Ave., Evansville, IN 47714
VIRGINIA WOLFORD, Beecher High School, Flint, MI 48505
SHIRLEY WOOD, Iowa State Univ., Ames, IA 50010

1974-76

KAY BRECHTELSBAUER, *Chairman*, Southern Illinois University, Carbondale, Illinois 62901

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*Current Guide Material prepared by the 1972-74 Committee; material for 1976-78 Guide to be prepared by 1974-76 Committee.

EDITORIAL COMMENT

During the past two years the speedball committee has been reviewing the experimental rule carried over from the last committee. The rule change under consideration would rewrite Rules 11 and 14 to allow a team to choose a free kick or a free throw when fouled by an opponent outside her own penalty area. The thought was that the team could choose the method of playing the ball that would be strategically best in a specific game situation. The official's responsibility would also be reduced.

After a great deal of consideration and discussion, the committee could not arrive at a consensus regarding this rule change.

Many responses indicated that the change would speed up the game and ease the official's burdens. An equal number of unfavorable responses indicated concern over the lack of a ground game as a result of the rule change.

Rather than make a hasty judgment, the committee is referring this rule change to the 1974-76 speedball committee.

The only other changes in the rules this year are slight modifications in wording attempting to clear up some misunderstandings of the current rules.

The 1972-74 speedball committee has been deeply concerned about apathy toward speedball across the country. We feel speedball is a very interesting, challenging and beneficial game for girls and we urge you to implement this activity in your program if you do not include it now.

Any reactions about the game of speedball or suggestions for rules changes for the next *Guide* should be addressed to: Kay Brechtelsbauer, Southern Illinois University, Carbondale, Illinois 62901

NANCY J. CLARK
Speedball Chairman

A Combination Of Hands And Feet

MARILYN A. HERMANN

Marilyn Hermann received her B.S. degree from the State University College at Cortland, Cortland, New York, in 1972. She is currently teaching physical education at Millard W. Hawk Junior High School, Central Square, New York.

In most sports hands and feet remain separate entities in regard to playing the ball. However, speedball violates this "law of separation" and creates an exciting game.

In speedball the ball may be played with the hands when it goes directly into the air from a player's foot. This conversion of a ground ball to an aerial ball is the essential difference between speedball and soccer.

Consider the following:

In field hockey a player may use the hand to stop a lofted ball but may not contact the ball with the foot.

In basketball a player may dribble the ball by hand but may not contact the ball with the boot.

In soccer a player may dribble the ball by foot but may not contact the ball with the hand.

Yet in speedball a player may dribble the ball by foot, touch the ball with any part of the body, catch the ball in the hand, and throw it.

Two conflicting ideas (hands and feet) result in confusion, awkwardness and frustration for new players, especially if the game of soccer already has been presented. Students have difficulty adjusting to the new freedom of handling the ball and tend to keep the ball on the ground.

For students who have been exposed to the game of soccer, the teacher should introduce speedball from a "catch and throw" aspect. Positioning, strategy and rules can be presented in conjunction with this aerial game. When the "look-catch-stop-throw-move" sequence becomes automatic, the soccer aspect of dribble, kick and convert can be incorporated. Simply say, "If the ball touches the ground, it must be played with the feet until it can be lofted into the air and caught." Here again, emphasis is placed on converting the ground ball to an aerial ball. This sequence of events provides for an easier adjustment to the game of speedball.

Speedball offers a wide variety of skills which carry over into many sports and ideally should be taught at the elementary level as a foundation sport. Young children, far less concerned with the incongruity of playing a ball with both hands and feet in the same game, can easily eliminate the "catch and throw" part of speedball when playing soccer. Simply say, "The ball may not touch your hands or arms." A smooth transition from speedball to soccer results, and soccer emerges as a new and more difficult challenge.

A sequence of skill presentation for speedball (regardless of previous soccer experience) follows:

Skills	**Mini Games**
Throwing Catching	Keep-away (with partners, small groups or teams)
Trapping Conversion	Toe Pick-Up (to self, to partner) Two Legged-Lift (to self, to partner) Trap and Convert (to self, to partner)
Kicking	Kick and Catch (to partner)
Dribbling	Dribble, Kick and Convert (to partner)
Passing	Pass to Partner (with partners)
Blocking	Block the Ball (with partners)
Tackling	Tackle and Take (with partners)
Volleying Heading	Keep It Up (with self, partner, small group or team)
Goal shooting	Under, Over and Around (with partner, group or team)
Goal keeping	Keep It Out (with partner, group or team)

A combination of hands and feet moving the ball is indeed a strange mixture. However, presentation of speedball from an "aerial" viewpoint enables students to learn more efficiently, thereby providing them with more time to enjoy playing the game.

A Lead-Up Game For Speedball

BARBARA DOMST

Barbara Domst received her B.S. and M.A. degrees from Indiana State University, Terre Haute, Indiana. She teaches at Otter Creek Junior High School, Terre Haute, Indiana.

PLAYING AREA: a basketball court or outdoor play area with goal posts

EQUIPMENT: 1 soccer ball, 2 bases, 2 standards (indoors), colored pinnies

SKILLS: kicking, trapping, lifting the ball, aerial passing, drop kicking

THE GAME: Divide class into two teams. Each player has a number.

When the game starts, the first player comes to bat while her corresponding number on the other team goes to the pitching position. The person at bat stands between the goal posts. The pitcher rolls the ball and the batter attempts to kick it. Any ball in front of the goal line is a fair ball. After she kicks the ball, the batter runs around the two bases and back through the goalposts.

A member of the fielding team can assist in putting the runner out either by trapping the ball and passing it to the pitcher, who must then make the ball an aerial ball, or by lifting the ball to herself or a teammate who then makes an aerial pass to the pitcher. The pitcher is the only person who can put the runner out. She must stay in her position and drop kick the ball between the goalposts before the runner passes through.

Teams change sides when all members on a team have batted.

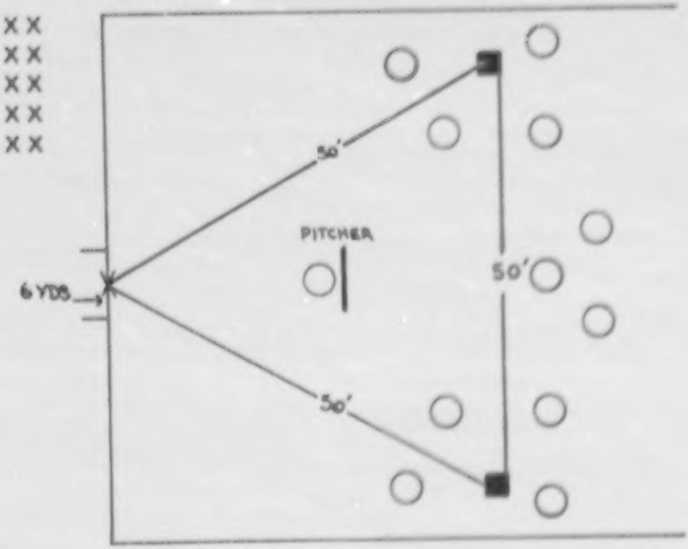
One point is scored each time the batter circles the bases and crosses the goal line before the drop kick passes through the goalposts. Three points are scored each time a successful drop kick is scored by the fielding team.

VARIATIONS: The game can be varied according to the skill level of the participants.

Beginning: The runner is put out when the fielding team returns the ball to the pitcher. Reduce the bases to one.

Intermediate: As described above.

Advanced: As the fielding team becomes more proficient, air dribbling and punting may be added. Additional ways of putting the runner out, such as a field goal or a touchdown pass, can be employed. The batter on deck can play goalie.


X X
X X
X X
X X
X X
50'
50'
50'
PITCHER
6 YDS

A LEAD-UP GAME FOR SPEEDBALL

Conditioning and Skill Practice—Current Style

KAY BRECHTELSBAUER

Kay Brechtelsbauer is a physical education instructor at Southern Illinois University, Carbondale, where she received her M.S. degree.

When teaching outdoor activities, rainy days become a problem as valuable practice time is often lost. This need not be the case. With gymnasium space, various important game skills can be practiced and time can be spent on physical conditioning.

Circuit training is most often associated with physical fitness activities, but it can also be a very practical and efficient way to improve specific skills.

When using a circuit, students are placed in various groups. One group is assigned to each station, and students move from station to station as they complete the predetermined activities. In addition, a lap can be run between stations.

The following is an example of use of the circuit in a speedball unit.

Station One – Conditioning

1. Bent-leg situps – 15
2. Leg stretches – 10 on each leg
3. Rope jumping – 40
4. Push-ups – 10
5. Agility run

A black starting line approximately three feet long is drawn on the floor. Thirty-five feet from and parallel to the starting line another black line is drawn. Five feet in from each black line is a yellow line; five feet from and parallel to the yellow lines are similar blue lines; and the remaining two lines are red and are drawn five feet in from the blue lines. (See Figure 1.)

Runner starts behind the black line, runs to the black line at the opposite end of the gymnasium, then back to the yellow line farthest from her, back to the other yellow line, then to the blue line, etc. After touching the second red line, she runs back to the starting line. Her score is the time it takes to touch all colored lines and return to the starting line.

6. Side leg swings – 10 each leg
7. Squat thrusts – 15
8. Trunk twister – 6

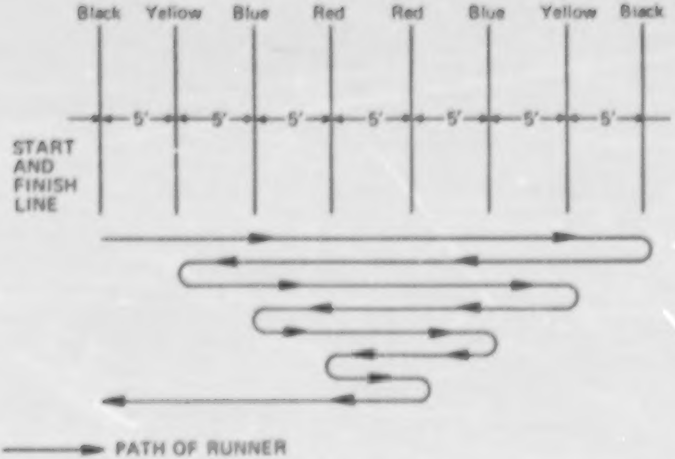

Black
Yellow
Blue
Red
Red
Blue
Yellow
Black
5′
5′
5′
5′
5′
5′
5′
START
AND
FINISH
LINE
PATH OF RUNNER

Figure 1. Floor markings for agility run.

Station Two – Lift to Wall

A restraining line is placed on the floor six feet from and parallel to the wall. Restraining lines are marked on the wall three and six feet from the floor. All lines are six feet long. (See Figure 2.)

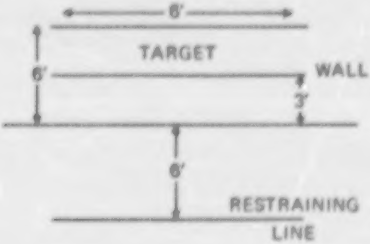

6′
TARGET
6′
WALL
3′
6′
RESTRAINING
LINE

Figure 2. Floor markings for lift to wall.

The ball is placed behind the restraining line on the floor. The objective is to lift the ball as many times as possible into the target area within 30 seconds, using the single leg lift. The player may secure the ball with her hands and place it behind the restraining line. This drill can be repeated as often as time permits.

Station Three – Foot Pass to Wall[1]

A restraining line is drawn on the floor seven feet from and parallel to the wall. Two lines, each four feet in length, are drawn on the floor at right angles to the restraining line and six feet apart. The letters *A* and *B* are drawn to the left and right of these lines. (See Figure 3.)

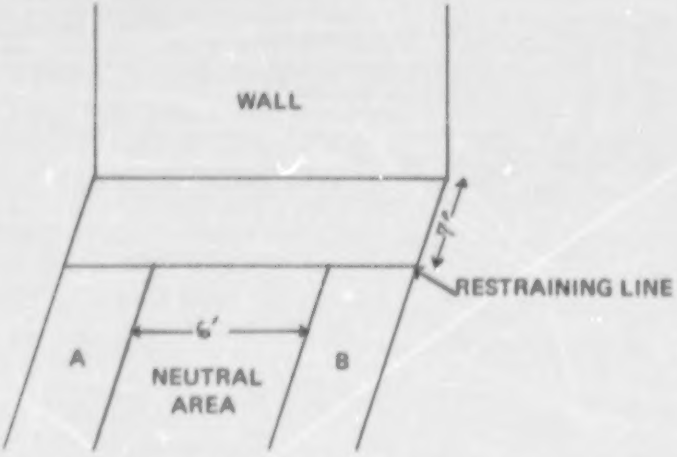


Figure 3. Floor markings for foot pass to wall.

The ball is placed on the floor at *A*. On signal, the player passes the ball with her foot diagonally to the wall so that it will rebound in a forward direction toward area *B*. She runs across the neutral area to *B*, where she receives the rebound and controls it with her feet and turns around, again passing to the wall, this time in such a manner that the ball will rebound to area *A*. The player continues this procedure, crossing the neutral area and passing alternately from areas *A* and *B*. One point is scored each time the ball hits the wall on a pass started from behind the restraining line and outside the six-foot neutral area.

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[1] Scott, M. Gladys and French, Ester. *Measurement and Evaluation in Physical Education.* Dubuque, Iowa: William C. Brown Co., 1959, pp. 213-215.

Station Four – Obstacle Dribble

An obstacle (a game cone, Indian club or similar object) is placed ten feet from a restraining line. Four additional obstacles are placed on the floor each eight feet apart. (See Figure 4.)

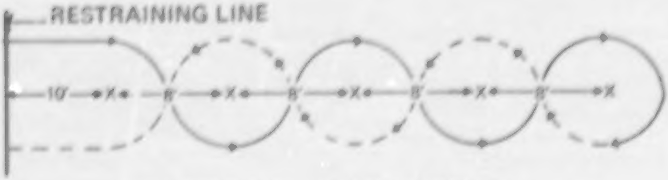

Figure 4. Diagram for obstacle dribble.

The objective is to dribble the ball around the obstacles in a figure eight pattern in the shortest time possible. The player starts from behind the restraining line and dribbles the ball to the left of the first obstacle, to the right of the second, left of the third, etc. When she reaches the last obstacle, she continues back to the starting line in the same pattern. Score is the time it takes to complete the pattern.

Station Five – Aerial Passing

Partners stand 10 feet apart behind a starting line and facing a line drawn at the opposite end of the gym (basketball end lines can serve this purpose). On the signal to start, the players cross the starting line, and as they run toward the opposite end line they pass and catch the ball continuously. Neither can advance while holding the ball; the ball must be thrown as soon as it is caught, or the "catcher" must stop. If a runner fails to catch the ball, she recovers it and throws it from where the ball is recovered. The runner who threw the missed ball stops until the ball is in her hands again. The score is the time it takes to cover the distance from the starting line to the end line. Add one second to the time for each traveling violation.

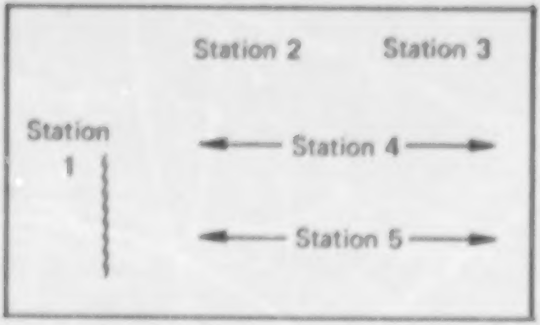
Station 2
Station 3
Station 1
Station 4
Station 5

Figure 5. Organization of stations.

If utilized properly, circuit teaching can be an excellent method for teaching specific skills or working with conditioning exercises. Circuit training does not need to be limited to indoor activities but can also be used effectively outdoors on sunny days.

Speedball-Our Way

SUE FERGUSON PRIEST

Sue Priest earned her B.S. in education with a specialization in physical education from Southern State College, Magnolia, Arkansas. She has taught at Mexico Senior High School, Mexico, Missouri, for the past five years.

How can a group of high school girls be encouraged to "tune in" to speedball? How can they be encouraged to participate? How can instant success and true involvement in speedball be achieved? Assume this group of girls has played some basketball and has had no previous experience in soccer or speedball. Observations of such a group would reveal that (1) the same girls dominate every game, and (2) some girls are afraid to control the ball by kicking or catching it.

Method of Equal Rotation

A method of rotating each player equally can help achieve player involvement. Twelve positions should be used, which include 11 players and 1 official per team. This method of rotation can be diagrammed on poster paper or drawn on a blackboard near the equipment area or locker room. From this diagram each girl can quickly see the position she will play next. See Figure 1, Diagrams A and B.

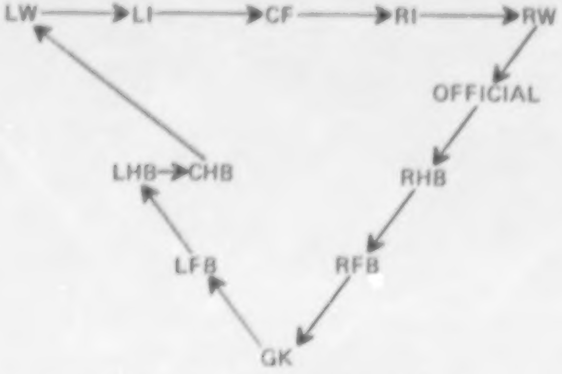

Figure 1, Diagram A, Equal rotation method.

POSITION
L.W.
L.I.
C.F.
R.I.
R.W.
Off.
R.H.
R.F.
G.K.
L.F.
L.H.
C.H.

Figure 2, Diagram B, Altered speedball scoresheet.

To speed the rotation process a speedball scoresheet can be altered as indicated in the illuctration. Using the mimeographed copies and the original team lineups, the teacher or team captain can write up the proper team lineups for all future games. Each player's name is moved down one position each game (or quarter). Example: Jane Doe played as the left fullback in the last game; therefore, this game she will play left halfback. The last player's name, at center halfback position, is moved up for the next game to the first position, left wing.

Students substitute *only* for absent players on other teams, if necessary. Players are not allowed to switch positions with either absent or present teammates. A check by the teacher of each team's scoresheets will easily reveal nonrotating players.

After every student plays each position, she is better prepared to select the team position she feels best suited to play.

Instant Success and Safety

Measures to provide for "instant success" for each player and a safer, more pleasurable speedball game can also be initiated. The basic modifications to be made concern controlling the ball.

Modification #1. An aerial ball – Any player who catches the ball has three seconds to play the ball.

Modification #2. A ground ball – Any player who controls the ball with her feet has three seconds to play the ball.

In both of the above modifications the girl who has possession of the ball is given three seconds or three counts (counted by the referee aloud) to control the ball. During these seconds an opponent may *not* attempt to take the ball away or tie up the ball. After three seconds the opponent may move in and gain possession of the ball.

The three-second count begins with the player's initial control of the ball. Once a player uses three seconds to control the ball, she may not retrap it. If she retraps the ball an opponent may *immediately* attempt to take it away.

The players' abilities and previous experience, plus the group's progress, will determine how many periods to use each or both of the ball control modifications.

What Modifications Accomplish for Players

These modifications accomplish three important objectives. First, they give each girl unhurried time to *think* before she moves the ball. If she has practiced proper moves, she can now negotiate the one she thinks most advantageous in this situation.

Second, every girl can make some good plays for her team. No matter how slowly she thinks and reacts, she can make some properly placed moves in a game.

And third, it cuts down on the "panic button reaction." Often when a player catches the ball, it presses her panic button. All she can do is get rid of the ball in a panic. She throws or kicks the ball away without *any* rhyme or reason.

Add Speedball

If you do not have speedball in your physical education program, add it today. Use the equal rotation method and these modifications. The girls will probably ask if they "get" to play speedball again next year.

Mini-Speedball

IDA M. STIELER

Ida Stieler is professor emeritus of physical education at the University of Evansville, Indiana. She received her B.S. degree at Battle Creek College, Battle Creek, Michigan and her M.S. degree from the University of Wisconsin.

This game is for girls in grades six through eight, with a continuation of the formation used in lower grades and as a prelude to the official game of speedball used in high school and college.

The game is played on a smaller field, so two games may be played crosswise on a regular soccer, hockey or football field. Goals may be set up by rolling out volleyball standards and no crossbar is needed.

Teams consist of 10 players: 7 infield players (3 forwards, 3 backs and 1 goalkeeper) and 3 outfield players, covering areas indicated in Figure 1. With a few exceptions official NAGWS rules are used.

A smaller ball, 23 to 24 inches in diameter, is used; it may be a rubber playground ball or a rhythm ball.

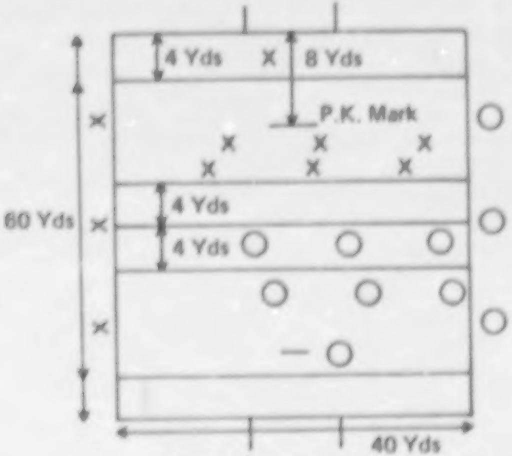

Figure 1. Mini-speedball field.

The following are exceptions to the official NAGWS speedball rules:

(1) The drop-kick as a skill is omitted in this game, the idea being to improve kicking and throwing skills particularly.

(2) To start the game, the ball is placed in the center of the field and may be started with a place kick or a throw.

(3) No direct kicks are allowed for violations. A penalty kick is a place kick. The ball is placed on the penalty kick mark. Players of both teams must be outside the penalty area, five yards away from kick; kick must have a free path to goal. Defensive players, with the exception of the goalkeeper, line up behind the goal line, not between the goal posts, and goalkeeper stands outside goal line between goal posts. After ball is kicked the goalkeeper may move to defend the ball and the goal. No other player of either team is allowed to play the ball until after the goalkeeper has played it.

(4) Outfield players play the ball by receiving kicks and throws while standing outside the side line; the same rules apply to these players as infield players. Outfield players must play within the designated areas and cannot enter the infield and cannot score directly. If there is a violation by an outfield player, the ball goes to the nearest infield player for a free kick or throw. Outfield players must get the ball into the field within five seconds; violations of this rule are treated the same as above.

Player positions may be rotated after a team scores, at the end of quarters, or at half-time. Quarters may be cut to five or six minutes.

Speedball for the Inner City Elementary School

JACQUELYNE WILLIAMS

Jacquelyne Williams earned her B.S. degree from Douglass College, New Brunswick, New Jersey, and her M.S. degree from the University of Massachusetts, Amherst. She has taught inner city children in Paterson, New Jersey and is presently an instructor at the County College of Morris in Dover, New Jersey.

One of the problems involved in designing a physical education program for the seventh and eighth grades is to offer activities which are challenging and interesting to the student. The problem is made more complex for the physical educator working in an inner city situation because of the inappropriateness of the outdoor playing area. Few inner city schools have grass fields. Most must use cement pavement or blacktop, usually splattered with broken glass. This type of area is not conducive to many of the field games that may be of interest to the 12- or 13-year old; field hockey is completely eliminated, and soccer is possible but not very successful because the ball tends to skid along the hard pavement, making it extremely difficult to control.

However, all is not lost. An excellent choice for an outdoor activity is speedball, for many reasons. First, it is an activity which is new to the student. It is not kickball, which the inner city elementary school child plays from first through eighth grade. Second, it is challenging. It requires coordination which is slightly more sophisticated than that used in softball or other sports with which the student may be familiar. The use of eye/foot coordination is a new and difficult experience, and it is this uniqueness and difficulty which stimulates most students to try harder to "get it." Third – and possibly most important – although it is a unique and challenging activity, it is not totally strange to the inner city student. It incorporates some of the skills used in a game that belongs to the inner city – basketball. Even though the resemblance is slight, it allows the student a point of reference, and while he is struggling with the new skills involved with his feet he can retreat back to a "safe" skill and pass the ball with his hands. The feeling of awkwardness often associated with learning a new skill is somewhat relieved and the process of learning becomes more enjoyable.

Speedball also fits into the facilities offered by the inner city (the non-necessity for continually keeping the ball on the ground makes the playing area surface less of a factor in how the ball moves). And, with some gentle prodding of the custodians, you can get an area cleared of broken glass. Be prepared to be flexible by using a nonregulation size playing area.

One final plus for speedball as an inner city activity is that many people can play at one time, and yet each can specialize in a position. In most city schools class size is large, and speedball offers an opportunity to involve at least 22 people. It also allows different personalities within the class to find a spot where they feel comfortable. The aggressive child can be aggressive as a forward line player and not be criticized for it. Those children who are not comfortable with aggression can play a defensive position and not be labeled "sissies."

Speedball can be a real help to the inner city physical educator. It gets you away from kickball, offers a challenge and allows you to utilize poor playing area conditions in an appropriate way. You may find it worth a try.

Coaching Hints For Speedball

JOLYN E. VITA

Jolyn Vita received her B.S. degree from Ohio State University at Columbus, Ohio. She is currently teaching at Dye Junior High School in Flint, Michigan and has been girl's varsity speedball coach at Carman High School in Flint for three years.

The number one task for the speedball coach is to *adapt.* There is little written about the game of speedball and even less on coaching the sport. The author adapts drills, playing strategies and coaching techniques from soccer books, football pass patterns, basketball drills and field hockey coaching and playing strategy books. My best source for adapting varied materials for drills and techniques has been from different sports articles in *Scholastic Coach Magazine.**

The following drills and playing patterns are examples of adaptations from different sports. A basketball throw-in play works when the offensive team has a throw-in behind the defensive team's endline. Soccer corner kick techniques work for free kick situations during the game. The field hockey technique of rushing the goal on a centering pass from the wing is a good drill and a valuable play during the game. The way an end in football fakes to get free of his opponent can be used in speedball. Shoulder fakes, head fakes and pivots are all effective individual techniques. A basketball pick and roll situation will work, but it closes up the play instead of spreading it out. A wing can run a football "flag" pass pattern while the inner runs a curl pass pattern and the halfback can throw an easy touchdown pass.

Conditioning drills, flexibility exercises and agility drills can be adapted from soccer books. This is an important part of the practice time each day. During a 32-minute game a player runs, jogs and walks between two and three miles, and if the players are not in condition they will not "keep up," let alone play with skill.

The speedball defense that works best for us is a man-to-man basketball defense. It is modified so that offensive players are guarded closely in situations where they can score and guarded loosely in other situations. Because of the number of scoring possibilities, a zone defense does not work well. In close situations,

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removing a forward and adding an extra fullback might prevent the other team from scoring, but it also reduces your scoring effectiveness.

In order to score in any game, you must practice scoring. In basketball, my team practices 60 shots a day from six different positions for warmup. In speedball the inners, center forward and all three halfbacks practice 25 drop kicks a day during warmup. Wings and inners work in pairs on touchdown passes. Fullbacks and goalie practice trapping bouncing balls and immediately kicking to a target (similar to intercepting a ground ball pass and clearing to the wing to start the offense).

Speedball has a wide range of possible plays. Do you have an idea? Use it!

Interscholastic Speedball

CLAUDIA BLACKMAN

Claudia Blackman received her B.S. degree from Central Michigan University, Mount Pleasant, and M.A. from Southern Illinois University, Carbondale. She is currently teaching at Southern Illinois and is the Southern Board of Officials Representative to the Illinois DGWS.

"Speedball Across the Country," an article which appeared in the 1964 *DGWS Soccer-Speedball Guide*, discussed different kinds of speedball programs across the country. One of those mentioned was the women's interscholastic competition which is popular in Flint, Michigan. Many have requested additional information on the program in the Flint area.

In order to obtain this information, questionnaires were sent to the various schools in Genesee County, Michigan which compete in interscholastic speedball. The information which was compiled follows.

General Information

There are two interscholastic speedball leagues in Genesee County. The County B League has five teams and the Metro-League has four. Most of the schools' games are played within their respective league; some schools do play games with schools of other leagues. Most Metro-League schools have only one team, while the County B League Schools have both a varsity and a junior varsity team.

The teams play approximately eight games during a season, which lasts from September through the first part of November. Most teams play their games at 4:00 p.m. on Tuesdays or Wednesdays. The games usually are attended by 50 to 100 spectators, depending upon the weather. It is not unusual, however, for Flint Ainsworth High School to draw 200 to 300 spectators. Ainsworth has held a couple games at night in the football stadium, where the attendance has been up to 500 people.

Finances

Most of the administrators of the county seem to be in favor of competition in speedball, as with any other activity, however, they must be concerned with the cost, no matter how minimal. The main expense is for officials. Two officials are used at each game, with a cost of $12 each. If the official calls both a junior varsity and a varsity game she is paid $16.

Most of the teams have uniforms. Many times they are the same ones used for basketball or softball. Some schools use old basketball uniforms for speedball when new basketball uniforms are obtained.

Officials

The officials must be registered with the Michigan High School Athletic Association. They are not required to hold any particular rating. Most of the people who officiate the games are high school physical education teachers or girls just out of high school. Periodically workshops are held for coaches and officials.

Eligibility

Eligibility varies somewhat from one school to the next. All schools are required to follow the Michigan High School Athletic Association eligibility requirements. Some schools require a "C" average overall, while others state only that a student must not be failing in more than two subjects.

Additional Information

The speedball teams in most of the Genesee County schools were obviously affected by the movement of basketball from a winter sport to a fall sport. The resulting situation created instances where inexperienced coaches had to be utilized and where girls who usually played both sports had to choose between speedball and basketball.

Most schools survived the change in structure, and from a positive viewpoint the change opened opportunities for more girls to participate, as well as for more women coaches to be involved.

The above information was presented to give the reader an idea of the general practices and policies of the speedball leagues in Genesee County, Michigan. All of the practices are not necessarily true of each of the schools but rather of the majority.

More specific information may be obtained by writing to the author or to any one of the Genesee County schools.

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Revised by **IDA STIELER**
University of Evansville – Evansville, Indiana

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Speedball Visual Aids

Revised by **MARGARET DEAN**
Ontario High School, Ontario, California

Films

Speedball for Girls. 1948, 11 min., color. Distributor: Coronet Films, 65 E. S. Water St., Chicago, Ill. 60601. Appropriate for junior high school, senior high school or college. Explains positioning, rules, techniques of developing team cooperation and some individual skill. This film is available only by special order, having been removed from the market because of the outdated fashions of the players. The skills and techniques are still relevant. Refer to the list of Soccer Visual Aids for further help.

Teaching Aids

Magnetic Coaching Kits. Teaching Aids Service, Inc., Visual Education Center Building, Floral Park, N.J.

Speedball Technique Charts. AAHPER Publications-Sales, 1201 16th St., N.W., Washington, D.C. 20036. Sale $1.50. Revised.

Speed-A-Way

Speed-A-Way Film. Color, b&w. Distributor: Marjorie S. Larsen, 1754 Middlefield, Stockton, Calif. 94204. Rental b&w – $3.25, color – $4.50; Sale b&w – $65, color – $115. Explains the game and skill techniques.

Speed-A-Way Guide Book. Distributor: Marjorie S. Larsen, 1754 Middlefield, Stockton, Calif. 94204. Sale $1.75.

Techniques of Officiating Speedball

This article was prepared and edited for the NAGWS Soccer-Speedball-Flag Football Guide *by staff members of the department of physical education for women at the University of Nebraska, Lincoln.*

I. GENERAL

A. Qualifications

1. An umpire should know the rules and techniques of the game thoroughly. She must be able to make decisions quickly and carry them out decisively.

B. Procedures

1. Know the exact date, time, and place of the game.
2. Notify the team at least 24 hours in advance if unable to appear. Secure a substitute, if requested.
3. Arrive at least 15 to 20 minutes before game time.
4. Wear a dark-colored skirt, white blouse, and/or jacket. Cleated or nonslip shoes are desirable.
5. Wear a whistle on a lanyard.
6. Have a current *NAGWS Soccer-Speedball-Flag Football Guide* available.
7. See that an extra game ball is available at the scorers' table.

II. GAME PRELIMINARIES

A. With Other Umpire

1. Meet with the other umpire to decide which side of the field each one is to take. Each umpire shall stay on the same side throughout the entire game.
2. Confer with the other umpire to review division of the field. The field is divided diagonally (Figure 1). Each umpire is responsible for the sideline nearer her, and the goal line and play behind the goal line to her right. Exception: Each umpire shall take jump balls on her own side of the field as if the field were divided longitudinally (Figure 2).
3. Review arm signals with other umpire (pp. 92 and 93).
4. Discuss need for assistance in calling play when other umpire is blocked from viewing play in her area.

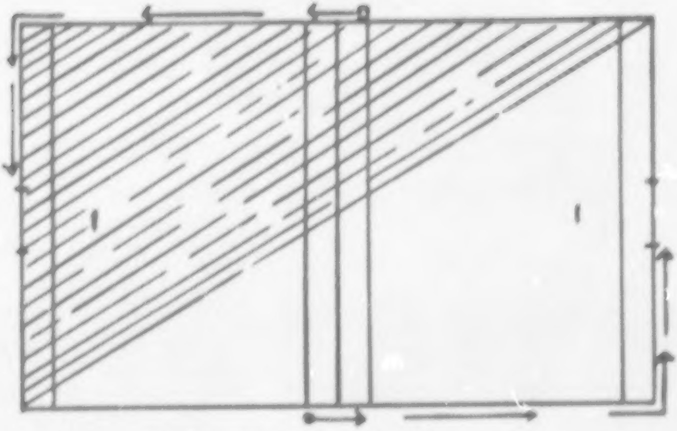

Figure 1. Game division of field for umpires.

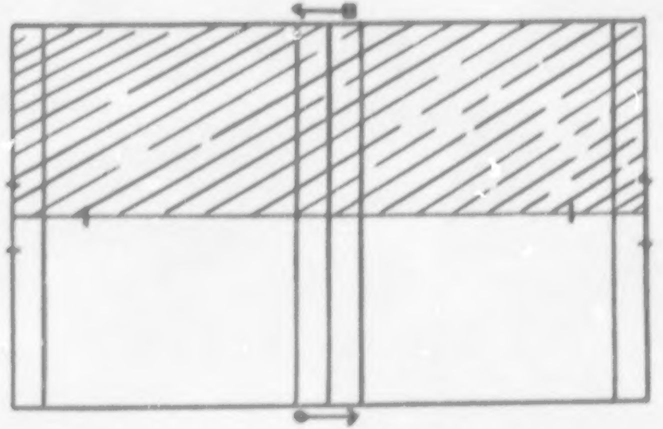

Figure 2. Jump ball division of field for umpires.

5. Ask other umpire to assist in determining whether or not field goal is good. Official on far side may move onto field when anticipating a field goal attempt to be at better angle for making decision.
6. The umpire on side nearer scorers' table shall recognize substitutes.
7. The umpire on side nearer scorers' table shall give time-in signal on center kickoff.

B. Field

1. Check the playing field and adjacent area for holes and other safety hazards.
2. Check the goalposts to see if they are official.
3. Check the field markings. If the markings are incorrect, have them corrected if possible.
4. The scorers' and timers' table should be far enough away from the sideline as not to interfere with play and the progress of the umpire along the sideline.

C. Players

1. Remind captains that names of players on teams should be in scorebook prior to game time.
2. Meet with captains. Introduce umpires and captains.
3. With captains discuss length of quarters and assist captains with decision of length.
4. Toss a coin. The captain winning the toss shall have the choice of taking the kickoff or selecting the goal her team is to defend. The other captain has the remaining choice.
5. Call all players together to
   a. Explain any local ground rules.
   b. Point out hazards which might exist on or near playing field.
   c. Ask if there are any questions. Suggest that questions which may arise during play may be asked between quarters.

D. Other Officials (Timers, Scorers, and Linesmen)

1. Review arm signals.
2. Timers
   a. Check with timers to see that they understand their duties.
   b. Ask the official timer to handle the game watch and to signal when time has expired in each quarter.
   c. The official timer shall follow the umpire during the last half minute of playing time so play is stopped immediately.
   d. Ask the other timer to check the playing time watch and take charge of time for time-outs.

3. Scorers
   a. Check with scorers to see that they understand their duties.
   b. Ask the official scorer to take charge of the scorebook and notify the nearer umpire immediately when a team has taken more than three time-outs or made an illegal substitution.
   c. Ask the other scorer to check scorebook throughout game.
4. Linesmen
   a. If linesmen are assisting, check to see that they understand their duties.

E. Use of Whistle

1. A short blast on the whistle shall indicate halt of play for a foul, tie ball, out-of-bounds, or for injury.
2. Use a longer whistle blast to designate a score and the end of a quarter.
3. If play does not stop on the first whistle, use several blasts.

F. Arm Signals

See illustrations on pages 92 and 93.[1]

III. GAME PROCEDURES

A. Putting the Ball in Play

1. General
   a. The umpire into whose half of the field the ball is to be kicked shall be near the restraining line ahead of the ball. This will enable her to be in line with the ball following the kickoff and at the same time to check that the defending team does not cross the restraining line before the ball is kicked.
   b. The umpire on the opposite side of the field shall watch the kicking team to see that they do not cross the halfway line before the ball is kicked. She should also check that the rules concerning the kickoff itself are observed.
2. Start of game and beginning of quarters
   a. The umpire shall see that the ball is in the proper place for the kickoff.
   b. The umpire on the side of the field of the scorers' table asks, "Captains ready? Scorers and timers ready?" When acknowledgement is received, she blows her whistle to signal that time is in and that the kickoff may be made.

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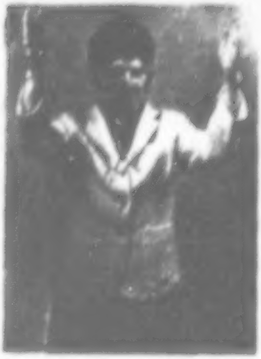
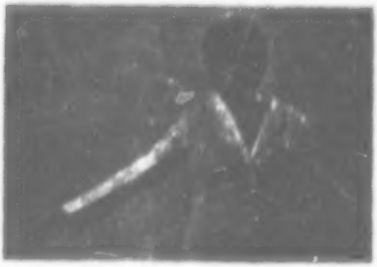
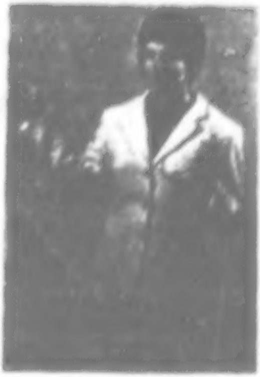
[1] Photographs were prepared by University of New Hampshire, Durham.



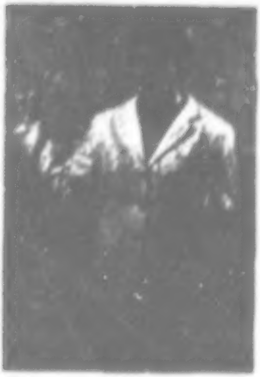
Jump Ball



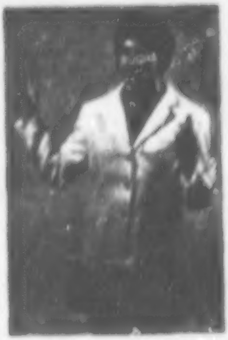
Line Violation



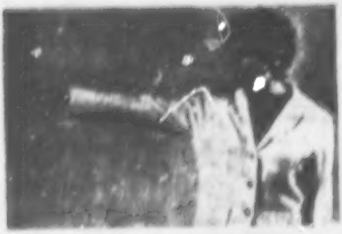
Penalty, Good 1 Point



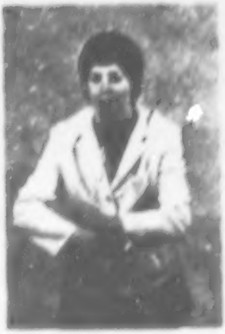
Touchdown on Field Goal, 2 Points



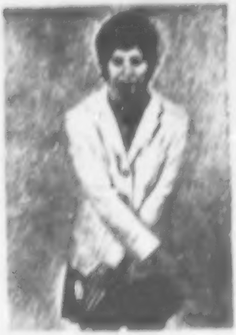
Drop Kick, 3 Points



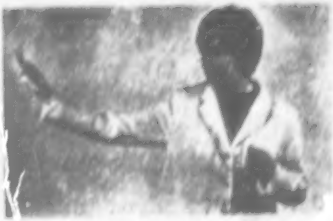
Throw-in or Free Throw



Traveling



No Score



Beckoning Substitute

3. Following a score
   a. The umpire in whose half of the field the score was made secures the ball and brings it back to the halfway line.
   b. The umpire on the side of the field of the scorers' table shall signal by whistle that the kickoff may be made.

B. Fouls and Penalties

Blow whistle and indicate foul. Extend arm in direction the free kick or free throw is to be taken.

1. Individual fouls
   a. Foul by player *outside* her own penalty area:
      (1) Award free kick or throw to opponents at spot where foul occurred and stand opposite spot at sideline.
      (2) See that all players are five yards away from player taking free kick or free throw.
      (3) For any breach of rules by players taking free kicks or throws, award ball to the opponent at spot where breach occurred.
      (4) For any breach of rules by opponents where they gain an advantage, retake the free kick or throw. If no advantage is gained, continue play.
   b. Foul by defensive player within her own penalty area or behind own goal line:
      (1) Award penalty kick to the opponents behind the penalty kick mark. *Note:* If the player fouled against was in the act of catching a legal forward pass for touchdown and the foul prevented her from scoring a touchdown, a touchdown will be scored and one penalty kick awarded.
      (2) Kick may be taken by any player. It must be a drop kick and it may be taken after umpire blows the whistle.
      (3) If the ball goes between the uprights and over the crossbar, award one point to the team and signal to the scorekeepers. Continue play, with the team scored against kicking off with a center kick.
      (4) If no goal is scored, the ball is considered a free ball and may be played with the possibility of scoring.
      (5) If any kick other than a drop kick is executed, award a free kick to opponents on the penalty kick mark.
      (6) If the kicker plays the ball before it has been played by another player, award the opponents a free kick where the second kick occurred.
      (7) If any player moves closer than five yards to the kicker or a member of the attacking team enters the penalty

area before the kick, award a free kick to the opponents on the penalty kick mark.
- (8) If the defending side encroaches upon the penalty area before the ball has been kicked, retake penalty kick.
- (9) If the player taking the penalty kick permits the ball to bounce on or over penalty kick mark prior to kick, award a free kick to the opponents.
- (10) If penalty kick has been awarded and the whistle sounds for quarter, halftime, or game, allow extra time to take penalty kick.

- c. Foul by offensive player within her own penalty area: an indirect free kick.
- d. Foul by an attacking player behind opponents' goal line: Award free kick on the goal line opposite the place where the foul occurred.

2. Double fouls
   - a. Award toss-up to the two offenders. Toss-up shall be taken on the spot where the foul occurred, although not closer than five yeard to the nearer end line or sideline.
   - b. If double foul occurs behind goal line, toss-up shall be taken five yards into field of play opposite the spot where foul occurred.
3. Team fouls
   - a. If team has more than three time-outs or more than 11 players on the field, award opponents penalty kick.
   - b. If player does not report to scorer or umpire before entering game wait until game starts and then award penalty kick.
4. Disqualifying fouls
   - a. Call foul and signal for time-out
   - b. Remove player from game before penalty is taken
   - c. Beckon substitute
   - d. Award free kick or throw or penalty kick depending on where the foul is committed.
   - e. If player makes fifth personal contact foul, remove her from the game before penalty is taken.

C. Jump Ball

1. When a tie ball occurs in your area (Figure 1), blow whistle and give signal for jump ball. (Umpire should call fouls closely should they occur when a player attempts to tie a ball held by an opponent.) Move into field to spot where jump is to be taken (Figure 2).

2. Jump balls are to be taken on the spot where tie occurs, although not closer than five yards to the sideline or the goal line. Should a tie occur within five yards of out of bounds, the jump shall be taken directly opposite the spot but five yards in from the boundary.
3. Umpire tossing ball is responsible for violations by jumpers. Jumpers should remain on own side of imaginary circle; all other players must remain five yards away until ball has been tapped. Whistle should be held on violation to give jumpers an opportunity to tap ball. If offending team does not gain advantage, umpire should hold whistle.

D. Out-of-Bounds

1. A whistle is blown only when needed to stop play.
2. Umpire names team entitled to ball and indicates with arm in horizontal position the direction the throw is to be taken.
3. If out-of-bounds occurs on own side of field, stand at spot where throw-in is to be taken.
4. If out-of-bounds is to be taken on opposite side of field but in own area, remain on own sideline but directly across field from spot throw-in is to be taken.
5. If out-of-bounds occurs at goal line, see that ball is placed where it crossed goal line, although not closer than five yards to the nearer goalpost.
6. All players must be five yards away from player taking kick-in (goal line) or throw-in (goal line or sideline).
7. For any breach of rules by team putting in play, give ball to opponents out of bounds.
8. For any breach of rules by opponents of team putting ball in play, repeat play unless offenders gain no advantage.
9. For a ball put out of bounds by two opponents simultaneously, call jump ball five yards in from spot where ball went out of bounds.

E. Time-Out

1. Blow whistle, raise hand overhead, and call "Time-out."
2. Time-out should be called immediately for injury.
3. A team request for time-out (other than for injury) shall be called only when the ball is dead. Ball is dead when out of bounds either at sideline or goal line, following score, after a foul or tie ball.
4. Note where ball is when time-out is called.

F. Time-In

1. See that ball is at spot where it is to be put in play.

2. When put in play from out of bounds, raise arm overhead as ball is given to player. Drop arm sharply as ball touches player on field.
3. When game is restarted by jump ball, time-in shall be taken as ball is tapped.
4. When game is restarted at center line or with free kick or with penalty kick, say "Time-in with the whistle" and blow whistle.

G. End of Quarters and Halves

1. Recognize timer's whistle with own whistle and say "End of first quarter" (half, third quarter, game).
2. Secure game ball. Do not permit practice with it during intermission.
3. Umpire on side of field of scorers' table checks scorebook. Announce score if not otherwise visible.

H. End of Game

1. Recognize timer's whistle with own whistle.
2. Both umpires check scorebook.
3. Both umpires sign scorebook.

INTERPRETATIONS

Questions on interpretations of the rules must include a stamped, self-addressed envelope and should be addressed to Nancy Clark, Carman High School, 1300 N. Linden Rd., Flint, Michigan 48504. Please include the number of the rule and the section to which your inquiry refers.

OFFICIAL SPEEDBALL RULES FOR GIRLS AND WOMEN

A combination of soccer and basketball, with a few kicking elements of football (the punt and the drop kick), the game of speedball was originated by Elmer D. Mitchell, University of Michigan, Ann Arbor; it was revised for women by the National Speedball Committee with Dr. Mitchell's permission.

* Indicates change in rule or wording of rule.

THE GAME

Speedball is played by two teams of 11 players who line up in their respective halves of the field at the beginning of the game. The ball is put in play by a kickoff from the center. If the ball is raised into the air from a direct kick, it becomes an aerial ball and may be advanced by throwing, air dribbling, volleying, blocking, heading, or kicking. If the ball is rolling, bouncing, or stationary on the ground, it is a ground ball and may be advanced by kicking, dribbling, volleying, blocking, or heading. A score is made by a field goal, drop kick, penalty kick, or touchdown. The team having the larger score at the end of the playing time wins the game.

RULE 1. PLAYING FIELD

Section 1. The entire field shall be a rectangle 100 x 60 yards. For high school girls the entire field may be 80 x 40 yards. The longer boundary lines shall be the sidelines and the two shorter lines, the goal lines.

Note: If field space permits, provide an out-of-bounds touchdown scoring area that is 10 yards in depth, and the same width as the playing field.

Section 2. The entire field shall include the following areas and markings:

a. *Two five-yard lines.* Each five-yard line shall be drawn five yards from the goal line, and shall extend from sideline to sideline.

b. *Two penalty areas.* In front of each goal, parallel to the line and five yards from it, shall be drawn a line from sideline to sideline. The space enclosed by these lines (goal line, sidelines, five-yard line) shall be called the penalty area.

c. *Two penalty kick marks.* Directly opposite the center and 12 yards from each goal line shall be drawn a line two feet long. This line shall be called the penalty kick mark.

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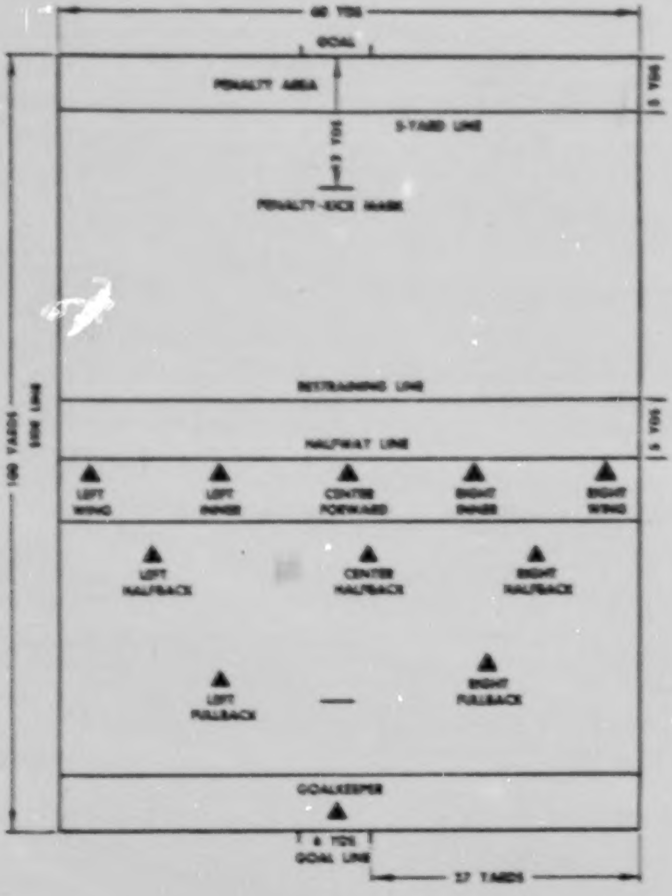

60 YDS
GOAL
PENALTY AREA
5 YDS
5-YARD LINE
6 YDS
PENALTY-KICK MARK
RESTRAINING LINE
HALFWAY LINE
5 YDS
100 YARDS
SIDE LINE
LEFT WING
LEFT INNER
CENTER FORWARD
RIGHT INNER
RIGHT WING
LEFT HALFBACK
CENTER HALFBACK
RIGHT HALFBACK
LEFT FULLBACK
RIGHT FULLBACK
GOALKEEPER
6 YDS
GOAL LINE
27 YARDS

Speedball field and lineup for kickoff

d. *Goalposts.* The goalposts shall be placed on the goal line an equal distance from the sidelines, and shall be six yards apart. The posts shall be 20 feet in height, with a bar across them 8 feet from the ground. Goalposts are in bounds.

e. *A halfway line.* The halfway line shall be drawn across the field connecting the middle points of the two sidelines. The center of the halfway line shall be indicated.

f. *The restraining lines.* A restraining line shall be be drawn from sideline to sideline five yards from and on each side of the halfway line, parallel with it.

RULE 2. PLAYERS AND EQUIPMENT

Section 1. An official team shall be composed of 11 players; that is, 5 forwards (center, right, and left inner, right and left wing), 3 halfbacks (center, right, and left), 2 fullbacks (right and left), and 1 goalkeeper.

Section 2. Each team shall have a costume of distinguishing color. High cloth shoes with a rubber or leather disk over the inner side of the ankle and extra tips or protection over the toes may be worn. Leather shoes protect the feet best and may be used, but metal plates or protecting heavy soles are not allowed. Light cloth shin guards may be worn for protection.

Section 3. A captain shall be designated for each team. The captain, or someone appointed to act as captain, must be on the playing field at all times.

Section 4. Substitutes. Substitutes may be put into the game for players who for any reason have been taken out. A player who has been taken out of the game for any reason other than disqualification may be allowed to reenter the game any number of times. Before going into the game, the substitute shall report to the scorer. When the ball is not in play, the scorer shall sound her horn. The umpire shall call time-out and recognize the player, and the substitute shall then take her place on the field. If this procedure takes more than 30 seconds, time-out shall be charged to the team making the substitution. If a team substitutes more than one player at a time, the team is allowed a maximum of 30 seconds for making the substitutions. If both teams make substitutions at the same time, each team shall be allowed a maximum of 30 seconds.

Penalty—If a substitute fails to report to the scorer or umpire before play begins, a penalty kick shall be awarded to the oponents.

If through injury or disqualification a team shall have less than nine players, that team shall forfeit the game.

Section 5. The ball shall be an official soccer ball.

RULE 1. OFFICIALS

Section 1. The officials for a match game shall be two umpires, two timekeepers, and two scorers. Two linesmen may assist.

Section 2. Each umpire has approximately one half of the field to cover for the entire game, without changing ends. The field is divided by an imaginary line drawn diagonally from corner to corner. Each umpire is responsible for the sideline nearer her, and the goal line and play behind the goal line to her right.

Note: Each umpire shall take jump balls on her own side of the field as if the field were divided longitudinally. It is the duty of the umpire to see that all free kicks and penalty kicks are taken properly.

A whistle is necessary at the beginning of each quarter and after each goal.

After a whistle signifies that the ball is out of play, no further whistle is necessary to put the ball in play, except in the case of the kickoff and penalty kick, or after a temporary suspension of the game.

Section 3. The umpire on side nearer scorers' table shall recognize substitutes and shall give the time-in signal on the center kickoff.

Section 4. The umpires shall refrain from putting into effect the provision of any rule in cases where they are satisfied that by enforcing it they would be giving an advantage to the offending team, except in cases of dangerous personal contact.

Section 5. Two linesmen shall assist if desired. They shall be stationed at opposite sides of the field to each other and shall give decisions as to the ball passing over their respective sidelines and goal lines, and as to where and by which team the ball is to be put in play.

Section 6. There shall be two scorekeepers. One of them shall be official and keep the book. The other scorer shall check the book. The scorers shall–

a. Record the names of the players and substitutes of each team and their positions.
b. Record all scores made by a team from field goals, drop kicks, touchdowns, or penalty kicks.
c. Record the number of time-outs taken by each team and notify the umpire in case of more than three.
d. Record the team taking the kickoff at quarters.

Section 7. There shall be two timekeepers. One of these shall be official and handle the stopwatch and signal throughout the game. The other timekeeper shall check on playing time and have charge of time-outs. The timekeepers shall–

a. Keep account of playing time.

b. Subtract time for time-out.
c. Signify by a whistle (preferably of different tone from that of other officials) the termination of each playing period.

RULE 4. DEFINITION OF SPEEDBALL TERMS

Section 1. General

a. *Own goal* is the goal a team is defending.
b. *Own half of field* is that half of the field in which own goal is situated.
c. *Attackers* are the members of the team in possession of the ball.
d. *Defenders* are members of the team which is attempting to gain possession of the ball.
e. *Aerial ball* is one that has been raised into the air directly from a kick by one or both feet and includes the punt, drop kick, and kickup, or a thrown ball which has not touched the ground (Rule 9, Sec. 1, Playing Privileges).
f. *Ground ball* is one that is rolling, bouncing, or stationary on the ground. Although it may be in the air, it is still a ground ball until it is played into the air from a direct kick (Rule 9, Sec. 2, Playing Privileges).
g. *Dead ball.* The ball is dead and may not be played upon except as indicated by the umpire when out of bounds (either at sidelines or goal lines), following a score, after a foul, during time-out, and on a tie ball.
h. *Kickup* is a means of converting a ground ball into an aerial ball, in which the player lets the ball roll up her foot or leg to her hand, or gives an upward impetus to the ball with either one or both feet. The ball may roll up the leg, providing it is in the air before it is caught, or the player may lift the ball from the ground with the foot.

Note: Before the ball is caught, either the foot must leave the ground or the ball must leave the foot or leg.

i. *Closely guarded.* The defensive player guards within three feet of the player with the ball.

Section 2. Advancing the ball by means of the feet

a. *Dribble* is a succession of kicks forward in which the player keeps the ball under control and advances it.
b. *Drop kick* is a play in which a caught ball is dropped to the ground and the player kicks it just as it bounces from the ground.
c. *Punt* is a play in which a player drops a caught ball and meets the descending ball with the foot before it touches the ground.

d. *Place kick* is a play in which the player, with or without preliminary steps, kicks a stationary ball. The ball may be lifted into the air or kept on the ground.

Note: A place kick in speedball is taken in the following plays: at the kickoff, for a free kick, and may be taken when the ball passes over goal line not between goalposts.

e. *Free kick* is a place kick from which a goal may be scored directly. It is taken by any player on the team that has been fouled during play of a ground ball.

f. *Indirect free kick* is a free kick from which a goal may not be scored directly.

Section 3. Advancing the ball by means of the hands

a. *Passing* is a movement of the ball in the air caused by a player throwing, batting, or handing the ball to another player.

b. An *air dribble* is a play in which a player, after giving impetus to the ball once by throwing or tapping it, touches it again before it has touched the ground or has been touched by another player.

c. *Free throw* is a throw taken by any player on the team that has been fouled during the play of an aerial ball. The throw is taken from the spot where the foul occurred.

Section 4. Advancing the ball by means of the body

a. *Volley* is a play in which a player meets a ball which is traveling in the air, with some part of the body such as the head, hip, or shoulder.

Note: This does not convert a ground ball to an aerial ball.

Section 5. Means of stopping the ball

a. *Blocking the ball* is intercepting the progress of the ball with any part of the body. A ground ball may not be blocked with the arms or hands unless they are held in contact with the body.

b. *Trapping the ball* is stopping its flight by securing it under the foot, between both feet, or between the front of the legs and the ground.

Section 6. Fouls

a. A *foul* is an infringement of the rules of the game for which a free kick, free throw, or a penalty kick is awarded the opponents (Rule 13).

b. *Double foul* is an infringement of the rules committed simultaneously by a member of both teams for which a toss-up is awarded.

RULE 5. THE GAME

Section 1. The game shall consist of four quarters of 8 minutes each, with a 2-minute rest interval between the first and second and the third and fourth quarters, and a 10-minute interval between the halves.

The periods may be shortened by mutual consent of the captains.

Extra time is permitted to allow for the playing of a penalty kick (Rule 7, Sec. 4).

Section 2. The winner of the toss shall have the choice of either deciding which team shall take the kickoff or selecting the goal which her team is to defend. At the beginning of each quarter thereafter, the kickoff shall be taken by the team which did not kick off at the beginning of the previous quarter.

Section 3. Goals shall be changed at halftime.

Section 4. The game shall be commenced by a place kick from the center of the field in the direction of the opponents' goal. On the kickoff the ball must travel the distance of its circumference or 27 inches from the kicker, either diagonally forward or straight forward of the center line, and may be lifted by the foot to a teammate. The player who kicked the ball may not touch it again until it has first been touched by another player. No opponent shall cross the restraining line and no teammate of the one making the kickoff shall cross the halfway line until the ball has been kicked.

Note: It is suggested that the official hold her whistle in order to determine if any advantage is gained by a breach of this rule. If no advantage is gained, it is recommended that play be allowed to continue.

Penalty–For any breach of this rule, a free kick shall be awarded to the opponents at the spot where the foul occurred.

Section 5. Following a score, the team which did not score shall kick off.

RULE 6. TIME-OUT

Section 1. Time-out may be taken only when the ball is dead or at any time in case of injury.

Section 2. Time-out may be taken only when ordered by the umpire.

Section 3. Three time-outs of two minutes each shall be allowed each team during a game. The fourth and succeeding time-outs shall constitute a team foul (Rule 13, Sec. 2).

Section 4. Time-out may be taken by the umpire and not charged to a team in case of injury, disqualification or any temporary unavoidable suspension of play.

Section 5. Time-out shall not be granted while the ball is in play, even though the team requesting it shall be in possession of the ball.

Section 6. The clock shall also be stopped after goals, during penalty kicks, and for substitutions.

Section 7. The ball shall be put in play after time-out in the following manner:

a. *If the ball is out of bounds* when time-out is called, it shall be put in play from out of bounds (Rule 8).

b. *If time-out is requested* just after a foul is called, play shall be resumed by putting into effect the penalty for the foul (Rule 13).

c. *If time-out is called* after a goal has been made, the play shall be resumed by a kickoff. (Rule 5, Sec. 4).

d. *In case time-out is called unavoidably* when the ball is in play, the play shall be resumed by a toss-up at the spot where the ball was when time-out was called (Rule 10, Sec. 1 and Rule 8, Sec. 3).

e. *After a goal is made*, the clock is started again on the center kick.

f. *After a penalty kick*, the clock is started as soon as the ball is kicked. If the goal is scored, time is out until the center kick is taken.

RULE 7. SCORING

Section 1. Scoring shall count as follows:

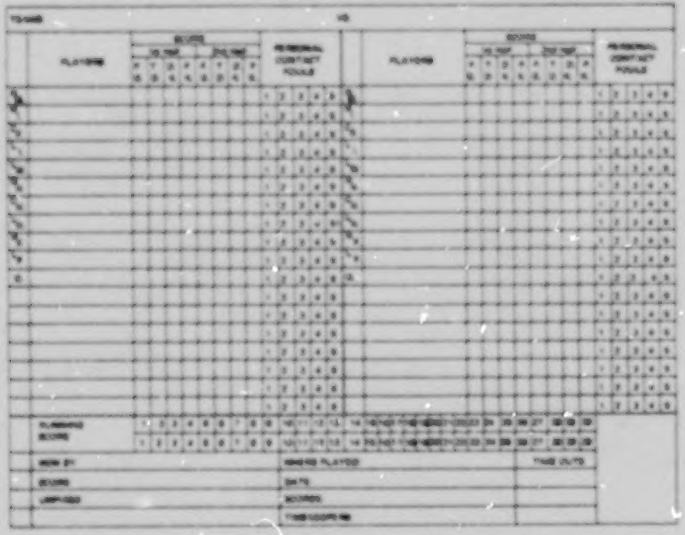
Field goal – 2 points	Penalty kick – 1 point
Touchdown – 2 points	Drop kick – 3 points

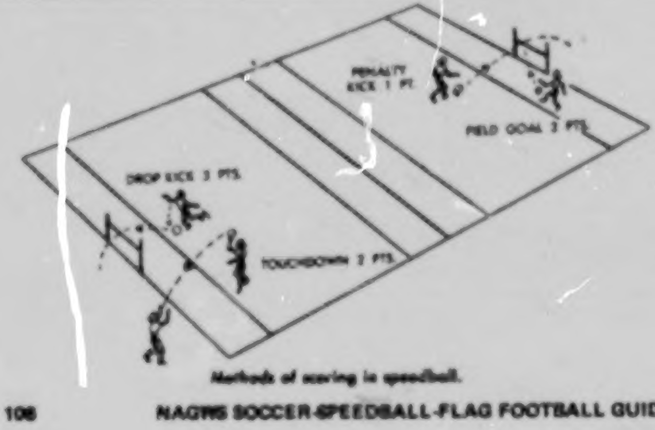
Section 2. A field goal shall be scored when a ground ball is kicked or legally given impetus with the body so that it passes over the goal line, between the goalposts, and under the crossbar. If such a ball is last touched by a defensive player but goes under the bar, the goal shall count for the offensive side. A field goal may be scored from any spot within the field by any player.

Interpretation. In addition to the above, a field goal shall be scored when a ball has been legally drop-kicked (Sec. 5 for description) and passes under the crossbar or falls to the ground and rolls or bounces across the goal line under the crossbar and between the goalposts. If, however, a drop kick is started outside the penalty area in the field of play and the ball falls upon the ground in the penalty area without crossing the goal line, it may then be played as any ground ball with the possibility of a field goal. A high bouncing ground ball may be legally headed or shouldered into the goal to score a field goal. A ball cannot be punted through to score a goal.

Section 3. A touchdown shall be scored by the completion of a forward pass, the ball being thrown by an attacking player who is

SAMPLE SPEEDBALL SCORESHEET




PENALTY
KICK 1 PT.
FIELD GOAL 2 PTS.
DROP KICK 3 PTS.
TOUCHDOWN 2 PTS.

Methods of scoring in speedball.

outside the penalty area in the field of play, and caught and held by a teammate who is back of the goal line extending from sideline to sideline, with the exception of the part between the goalposts. A pass received by a player standing behind the goal line between the goalposts does not score and the ball is awarded to the defense out of bounds. If the forward pass goes over the goal line and is incomplete, out-of-bounds rules apply.

A player cannot take a step over the goal line for the purpose of scoring a touchdown. She must be completely over the line when the ball is caught in order to score.

Penalty–If a touchdown pass is started from within the penalty area, a free kick shall be awarded the defense from the five-yard line.

Interpretation. If the forward pass is legally intercepted by a defense player who is behind the goal line, the ball shall be awarded to the defense out of bounds. If the ball touches the ground in an unsuccessful effort to score a touchdown, it shall remain in play until a score is made or the ball goes out of bounds or is otherwise declared dead. If the ball is thrown between the goalposts a goal is not scored and out-of-bounds rules apply.

If a touchdown pass is legally thrown and is caught simultaneously by the intended receiver and an opponent, a tie ball is called and the toss-up is taken on the five-yard line opposite the spot where the ball crossed the line.

If a legal touchdown pass is thrown and there are two potential receivers, one of whom catches the ball and legally completes the pass at the same time that the other receiver is fouled against by an opponent, the score shall be awarded and also the penalty kick. This rule also applies to any other foul in the penalty area which occurs simultaneously with the scoring of a goal. If a foul occurs just previous to the act of kicking or passing to score, the goal shall be ignored and the foul called.

After a touchdown has been scored, the ball shall be returned to the center, with the team scored against taking the kickoff.

Section 4. A penalty kick shall be attempted following a contact foul by the defense in its own penalty area, or for a foul by the defense behind its own goal line during an attempted forward pass for a touchdown. This kick shall be a drop kick and must be taken by any member of the attacking team. This kick scores 1 point. (See rule 12 for complete explanation of the penalty kick.)

Section 5. A drop kick is a play in which the person with the ball in her hands drops it to the ground and kicks it as it bounces from the ground. A drop kick shall be scored when the ball has been legally caught and, after being played as above, goes over the crossbar and between the uprights of the goalposts or their imaginary extensions, provided the player taking the kick is outside the penalty area and in the field of play (Interpretation, Rule 7, Sec. 2).

Penalty–If a drop kick is started inside the penalty area, a free kick shall be awarded the defense from the five-yard line.

RULE 8. BALL OUT-OF-BOUNDS

Section 1. Throw-in

When the ball passes wholly over the sideline, a player of the opposite team to that which played it out shall use a thow-in to send it into the field in any direction from the point on the sideline where it left the field of play. The player throwing the ball must stand behind the sideline (not in the field of play) and throw the ball into the field with any kind of one-hand or two-hand throw. The ball shall be in play when it has left the player's hands, and may be played either as an aerial ball or as a ground ball. The player shall not play the ball until it has been played by another player. No player may stand closer than five yards until the ball leaves the thrower's hand. No goal may be scored directly from a throw-in.

Penalty–For playing the ball again before it has been played by another player, or for any other breach of the rules for the throw-in, the throw-in shall be awarded to the opponents.

Section 2. If the ball goes over the goal line and does not score, whether sent out by attacker or defender, it shall be put in play at the spot where it crossed the goal line, by a punt, drop kick, place kick, or throw-in, unless the ball crosses the line between the goalposts. In this case the ball shall be put in play from behind the goal line at a spot five yards to the side of either goalpost. A player of the opposite team may put the ball in play. (If the defense is awarded the ball, it is usually put into play by one of the backfield players. If the attack is awarded the ball, it is usually put into play by one of the forward line players.) All players must be five yards away until the ball is kicked or thrown.

Penalty–For touching the ball a second time by the person who made the play, for not kicking it forward at least the distance of its own circumference (either diagonally forward or straight forward of the goal line), for allowing the ball to bounce on the line or within the field of play prior to a drop kick or punt, or for any other breach of this rule, the ball shall be awarded to the opponents out of bounds.

Section 3. A ball sent out of bounds simultaneously by two opponents is put in play by the umpire tossing up the ball between the two opponents who last touched it, at a spot five yards in from the boundary line and directly opposite the point where the ball left the playing field. All players except the two taking the toss-up must be five yards away from the ball until it has been played.

Penalty—For players standing closer than five yards, the toss-up is taken over. If, in the opinion of the umpire, no advantage was gained, the play shall continue (Rule 10, Tie Ball).

RULE 9. PLAYING PRIVILEGES

Section 1. The ball may be caught or otherwise played with the hands when it is an *aerial ball*, i.e., one that has been raised into the air directly from a kick (a punt and a drop kick are included). A ball thus raised into the air remains an aerial ball until it again hits the ground. An aerial ball that has been caught may be passed, air dribbled, punted, or drop-kicked at option. An aerial ball not yet caught may be blocked in any way by the body. A body block includes kneeing and kicking as well as playing with the head, shoulder, arms, etc. An aerial ball met with a body block remains an aerial ball until it hits the ground.

Section 2. A ground ball is one that is stationary, rolling, or bouncing, even though it may be in the air; when it is bouncing, the ball is ruled a ground ball until it is again raised into the air directly from a kick. A ground ball may be kicked, headed, or bounced off the body. It cannot be played with the hands or the arms. The use of the body, other than the foot, on a ground ball does not convert a ground ball into an aerial ball.

A ground ball may be converted into an aerial one by the following methods:

a. *By a lift to oneself or another player*, i.e., placing the foot under the ball and lifting it into the air from its ground position so it may be caught before touching the ground.

b. *By a kick up to oneself*, i.e., snapping one foot from the top of the ball, as is done with a racket in picking up a tennis ball.

c. *By a two-legged kick up to oneself*, i.e., by securing the ball between the ankles, then jumping into the air and, with a quick knee flexion, placing the ball in position for catching with the hands before it touches the ground.

d. *By allowing the ball to roll up the foot or leg to the hand*, or by giving upward impetus to the ball with either one or both feet.

Section 3. A player may dribble the ball with her feet at will, or drop a caught ball to the ground if she wishes to kick or dribble.

Section 4. A player may air dribble an aerial ball once, i.e., give impetus to the ball by throwing or tapping it, then touch it again before it has touched the ground once or has been touched by another player.

Interpretation. An illegal air dribble is one in which the ball is thrown into the air more than once and is touched or regained each time by the person who originally gave impetus to the ball. A fumbled catch is not to be considered an illegal air dribble.

Section 5. A player may take or tap an aerial ball from an opponent.

Section 6. Goalkeeper's Privileges

A goalkeeper within her own penalty area may handle the ball. She may–

a. Pick the ball up.
b. Bounce the ball once.
c. Punt the ball.
d. Drop-kick the ball.
e. Throw the ball.
f. Combine a bounce with a punt, or a drop kick, or a throw.
g. Take two steps with the ball in her hands preceding a punt, a drop kick, or a throw. The privilege is denied if the punt, drop kick, or throw is combined with a bounce.

A goalkeeper may not–

a. Delay the game by holding the ball longer than three seconds.
b. Carry the ball. Carrying is called when the goalkeeper takes more than two steps while holding the ball.
c. Bounce the ball more than once.
d. Take two steps with the ball if she combines a bounce with a punt, drop kick, or throw.

Penalty–An indirect free kick is awarded for an infringement of any rule governing goalkeeper's privileges at the spot where the infringement occurred.

Section 7. A player who is standing still when catching the ball from a kick or pass may move either foot in any direction provided that the other foot stays at its initial point of contact, but she must get rid of the ball before a second step is completed. If running, the player may use two steps in coming to a stop or in releasing the ball. Violations of this rule shall be known as "traveling with the ball."

Section 8. A player may legally guard an opponent who has the ball. Guarding with one arm in a horizontal plane and the other arm up or down is a legal position. No holding, charging, pushing, or blocking is permitted. Persons must play the ball and not their opponents (Rule 12, and Rule 13, Sec. 1).

RULE 10. TIE BALL

Tie ball occurs when two players of opposing teams place one or both hands firmly on the ball at the same time, or when a player places one or both hands firmly on the ball already held by an opponent. A tie must be made without personal contact with the body of an opponent except for the hands. The hands are considered part of the ball. A tie ball may also occur when two players of opposing teams momentarily hold the ball between their feet. This must occur without personal contact.

A foul shall be called on a player who –

a. Pulls or spins an opponent into an off-balance position while trying to tie the ball.

b. Makes personal contact in attempting to tie the ball.

By mutual agreement of the captains before the game starts, players may be prohibited from tying the ball already held by an opponent.

If two players of the same team tie the ball and the umpire sounds her whistle in error, the ball shall be put in play from out of bounds at the sideline by one of the players.

When the ball has been tied by more than two players, one of the players from each team shall be selected by the umpire to jump.

When a tie ball occurs, the umpire shall toss up the ball between the two opponents in a plane perpendicular to the ground to a height greater than either of them can reach when jumping so that it will drop between them. The two players shall stand within an imaginary circle (six-foot radius), each with her back to her own goal, until the ball is tapped. The ball must be tapped after it reaches the highest point by one or both players, using one or both hands, and may be tapped no more than twice while the players are within the imaginary circle. Neither player may catch the ball. However, if the ball touches the ground after being tapped, either player may then play it as a ground ball. All other players must be five yards away until the ball has been tapped.

No score shall result from a tip-off which is caught beyond the goal line. Should the ball be batted out of bounds by either player, regular out-of-bounds rules shall apply (Rule 8).

A toss-up on the spot where the fouls occurred shall be awarded after a double foul. No toss-up shall be taken nearer than five yards to a boundary line.

Penalty –

1. *For a foul on the toss-up, a free kick shall be awarded the opponents on the spot where the breach occurred.*
2. *For players, except the two taking the toss-up, standing closer than five yards, the toss-up shall be taken again; if, in the opinion of the umpire, no advantage was gained, the play shall continue.*

RULE 11. FREE KICK–FREE THROW

When a foul has been committed by a player outside her own penalty area, a free kick is awarded when the foul was made during the play of a ground ball and a free unguarded throw is awarded when the foul was made during the play of an aerial ball. No player shall approach within five yards of the ball until the kick or throw is taken. Play begins when the ball is kicked or thrown. The ball must travel the distance of its circumference (27 inches). It may be played in any direction. It may be kicked up to another player. The person awarded the kick or throw shall not play the ball again until it is played by another player.

Penalty–

1. *In the event of a player kicking or playing the ball a second time while taking a free kick, a free kick shall be awarded to the opponents where the breach occurred.*
2. *In the event of a player playing the ball a second time while taking a free throw, a free throw shall be awarded to the opponents where the breach occurred.*
3. *In case the ball is not kicked the distance of its circumference, a free kick shall be awarded the opponents.*
4. *If the opponents come closer than five yards and gain an advantage, the free kick or free throw shall be taken again by the same team. If no advantage is gained, the play shall continue.*
5. *If a teammate of a player taking a free kick delays the game by standing closer than five yards, the opponents shall be awarded a free kick. A free throw is awarded to the opponents when the delay occurs while taking a free throw.*

RULE 12. PENALTY KICK

A penalty kick shall be awarded the attack following a contact foul by the defense in its own penalty area, or for a foul by the defense behind its own goal line during an attempted forward pass for touchdown. This kick shall be a drop kick, and must be taken by any member of the attacking team (usually taken by a forward). The kicker standing behind the penalty kick mark, after the umpire has blown her whistle, may then attempt to drop-kick the ball between the uprights and over the crossbar. The ball must bounce behind the line prior to the kick. Only the defending goalkeeper is allowed to guard the goal at this time, and she must stand behind the goal line until the ball is kicked.

On penalty kicks, the teammates of the kicker and goalkeeper shall not encroach upon the penalty area until the ball has been kicked. The teammates of the kicker must be in the field of play. The teammates of the goalkeeper may be behind the goal line (except between the goalposts) or in the field of play. All players must remain a distance of five yards away from the kicker outside the penalty area and not obstruct a free path to the goal nor touch the ball until it has been kicked. If the ball does not go between the uprights and over the crossbar, it shall be considered a free ball and played with all the possibilities of scoring. The kicker may not play the ball a second time until is has been touched by another player. If a goal is scored, the team scored against takes the kickoff.

A field goal cannot be scored directly from a penalty kick.

Penalty –

1. *If an attempt to drop-kick results in a punted ball, or if any type of kick other than a drop kick is executed, a free kick shall be awarded the opponents on the penalty kick mark.*
2. *If the player plays the ball again before it has been played upon by another player, a free kick shall be awarded the opponents on the spot where the second kick occurs.*
3. *If any member of the attacking side enroaches upon the penalty area before the ball has been kicked, a free kick shall be awarded the opponents on the penalty kick mark.*
4. *If any member of the defending side encroaches upon the penalty area before the ball has been kicked, the penalty kick shall be taken again.*
5. *If the player taking the penalty kick permits the ball to bounce on or over the penalty kick mark prior to taking the kick, a free kick shall be awarded the opponents.*

   If a penalty kick has been awarded and the whistle sounds for quarter, halftime, or game, extra time shall be allowed to permit the penalty kick to be taken.

RULE 13. FOULS

Section 1. Individual Fouls. An individual foul is any foul involving and charged to an individual player. A player may be disqualified for a single offense. Individual fouls shall include –

a. *Blocking.* Personal contact which impedes the progress of an opponent with or without the ball. Forms of blocking include contact resulting from an opponent's entering the path of a moving player without giving that player a chance to stop or change direction, or impeding the progress of an opponent by holding both arms fully extended horizontally.

b. *Charging.* Contact resulting from a player moving her body or the ball into an opponent whose position or path is already established. Contact caused by the momentum of a player who has thrown the ball is a form of charging.

c. *Pushing.* Thrusting an opponent away by contact with the hand, arm, or body.
d. *Tagging.* Repeated touching of an opponent with the hand, elbow, or body.
e. *Hacking.*
f. *Holding.*
g. *Tripping.*
h. *Handling the ball.* Touching a ground ball with the hands or arms unless the hands and arms are in complete contact with the body.
i. *Traveling with the ball.* Taking more than two steps while holding the ball following a run, or progressing more than one step in any direction while holding the ball at any other time.
j. *Holding the ball.* Retaining possession of the ball in the hands more than 5 seconds in bounds if closely guarded; taking more than five seconds on a free kick or throw or out of bounds; taking more than 10 seconds on a penalty kick.
k. *Unnecessary roughness.* Committing any act which might cause injury to an opponent; this includes pulling or spinning a player into an off-balance position while trying to take the ball, kicking the ball from the hands of a person who is converting a ground ball into an aerial ball, or kicking a hard ball directly into a player standing in close range.
l. *Threatening the eyes* of the player in possession of the ball by using the hands in a dangerous manner.
m. *Delaying the game* by unnecessary interference on out-of-bounds plays and unreasonable delay in taking position on free kicks and penalty kicks.
n. *Air dribbling* the ball more than once.
o. *Drop-kicking for a goal* or attempting a forward pass for a touchdown while within the penalty area.

Section 2. Team fouls shall include–
a. Taking more than three time-outs in a game.
b. Having more than 11 players on the field at one time by one team.
c. Making an illegal substitution in one of the following ways:
    (1) Substituting when the ball is in play.
    (2) Going onto the field of play without reporting to the scorers, then to the nearest umpire before entering the game.

Note: This is not to be considered a foul until play has started. Whenever the failure to report is discovered, play shall be stopped for the penalty kick, which shall be played as any other penalty kick.

Section 3. A player is automatically disqualified and immediately removed from the game when she has committed either of the following:

a. Five personal contact fouls.

b. A single disqualifying foul which is rough or dangerous play, playing continuously with personal contact, or unsportsmanlike conduct.

RULE 14. PENALTIES FOR FOULS

Section 1. Individual fouls made by –

a. A player outside her own penalty area; a free kick where the foul was made during the play of a ground ball or a free unguarded throw if the foul was made during the play of an aerial ball.

*b. A defensive player making a contact foul within her own penalty area or behind own goal line: one penalty kick.

*c. A defensive player making a non-contact foul within her own penalty area or behind own goal line: one indirect free kick.

d. An offensive player within her own penalty area: an indirect free kick.

e. An attacking player behind opponent's goal line: a free kick or throw on the goal line opposite the place where the foul occurred.

Section 2. Team fouls shall award the opponent one penalty kick each.

Section 3. A player may be disqualified and removed from the game if she plays roughly or dangerously or after being warned she displays poor sportsmanship. A free kick, or throw, or penalty kick, as the case may be, is awarded to the opponents.

Section 4. Double foul made anywhere on the field including the penalty areas: A toss-up where the fouls occurred between two offenders.

(*Exception:* If a double foul occurs within five yards of a boundary line, the toss-up shall be taken opposite the spot where the fouls occurred and five yards from the boundary line.)

Double foul behind the goal line: A toss-up between the two offenders on the five-yard line opposite the place where the fouls occurred.

Situations not covered by specific speedball rules should be interpreted by referring to the official soccer or basketball rules for women.

Speedball Rules Digest

Compiled by HELEN M. BARTON
University of Illinois, Chicago

Revised by KAY BRECHTELSBAUER
Southern Illinois University, Carbondale

Field and Equipment (Rules 1 and 2)

1. Regulation size—100 x 60 yards
2. Ball—soccer ball
3. Official team—11 players

Officials (Rule 3)

2 Umpires
2 Timekeepers
2 Linesmen
2 Scorers

The Game (Rule 5)

1. Length of game:
   8-minute quarters.
   2-minute intermission between quarters.
   10-minute intermission between halves.
2. Choice of which team shall take the kickoff or selection of goal awarded to captain winning toss.
3. Goals shall be changed at halftime.
4. Game started by place kick on center line in direction of opponent's goal. Ball must be kicked at least the distance of its circumference. It may be lifted to a teammate.
5. Player taking kick-off may not touch ball again until it is played by another player.
6. On a kickoff, no opponent shall cross the restraining line, and no teammate of the kicker may cross the center or halfway line until ball has been kicked by player taking kickoff.
7. Extra time is permitted to allow for playing off a penalty kick.
8. Time-out is granted only by umpire when ball is dead.
9. Following a score, team scored against shall kickoff.

Substitutes (Rule 2)

1. May be put in only when ball is not in play. A team time-out may be used for substitution.
2. Must report to scorer, and then to umpire and be recognized before entering game.
3. Except for a disqualifying foul a player may reenter any number of times.
4. If a team has fewer than nine players, that team shall forfeit the game.

Scoring (Rule 7)

Drop kick	3 points
Touchdown	2 points
Field goal	2 points
Penalty kick	1 point

WHAT OCCURRED	AWARD	GENERALLY TAKEN BY–	WHERE TAKEN	POSITION OF PLAYERS
Beginning of the Game	Kickoff (Rule 5)	Center forward	Center of halfway line	Teammates behind halfway line. Opponents behind restraining line.
Ball Out of Bounds 1. Over sideline	Throw-in (Rule 8)	Halfback	At point where ball left field of play	All other players five yards away
2. Over goal line without scoring	Ball put in play by– Place kick Punt Drop kick Throw-in (Rule 8)	Any player of opposite team–usually: 1. A forward line player, if taken by attack 2. Fullback or goalkeeper, if taken by defense	At spot where ball crosses goal line	All other players five yards away
3. By two players simultaneously	Toss-up (Rule 8)	Two players hitting it out	Five yards from boundary line, opposite where ball left playing field.	All other players five yards away
Tie Ball	Toss-up (Rule 10)	Two players tying the ball	On spot where tie occurred. (Not nearer than five yards to boundary line.)	All other players five yards away
Fouls 1. Individual: kicking, tripping, tagging, handling, traveling, hacking, blocking, holding, pushing, charging a. Outside own penalty area	Free kick Free throw (Rule 14)	Halfback	Where foul occurred	All other players five yards away
b. Within own penalty area or behind own goal line by defense	Penalty kick by attack (Rule 7)	Best drop kicker	Penalty kick mark	1. All players must be five yards away from kicker and must not obstruct a free path from her to the goal.

WHAT OCCURRED	AWARD	GENERALLY TAKEN BY–	WHERE TAKEN	POSITION OF PLAYERS
				2. Teammates must be on field of play. 3. Goalkeeper behind goal line and between goal posts.
c. By attack behind opponent's goal line.	Free kick. Free throw. (Rule 14)	Fullback.	On goal line opposite where foul occurred.	Attackers five yards away.
d. By offensive team in own penalty area.	Indirect free kick. (Rule 14)	Forward line player.	On spot where foul occurred. (Not nearer than five yards to boundary line.)	All players five yards away.
e. Double				
(1) On field of play or in penalty area.	1. Toss-up.	Two players who fouled.	On spot where foul occurred.	All other players five yards away.
(2) Behind goal line.	2. Toss-up.	Two players who fouled.	On five-yard line opposite where foul occurred.	All other players five yards away.
Team Fouls				
Team: more than three time-outs, failure to report substitution to scorer or umpire, more than 11 players on field by one team.	Penalty kick. (Rule 14)	Best drop kicker.	Penalty kick mark.	Goalkeeper behind goal line between goalposts. Player taking kick behind penalty kick mark.
2. Disqualifying: rough or dangerous play, unsportsmanlike conduct, etc.	Free kick, throw, or penalty kick, as case may be. (Rule 14)	Halfback, fullback, best drop kicker, depending on situation.	Where foul occurred or penalty kick mark, as case may be.	Same as above for free kick or penalty kick.

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Speedball Questions and Answers

1. May a goal be scored directly from a punt?
   No. The ball was not given legal impetus. (Rule 7, Sec. 2)
2. May a goalkeeper pick up a ground ball with her hands and convert it into an aerial ball?
   Yes. This is now consistent with the soccer rules. (Rule 9, Sec. 6)
3. Two players of opposing teams momentarily hold the ball between their feet. Is this a tie ball situation?
   Yes, provided this occurs without personal contact. (Rule 10)
4. May a thrown ball count as a field goal if it hits the ground before passing over the goal line?
   No. A goal is not scored and out-of-bounds rules apply. (Rule 7, Sec. 3)
5. May a score be made directly from a free kick or a center kickoff?
   Yes. A field goal may be scored from any spot on the field provided it is not an *indirect* free kick. (Rule 7, Sec. 2)
6. How is a team penalized for taking more than the legal number of time-outs?
   The team is charged with a team foul and the opponent shall be awarded a penalty kick. (Rule 14, Sec. 2)
7. Player A blocks an aerial ball with her hip. Player B catches the ball after a single bounce and successfully drop-kicks for a goal. Does this goal score?
   No. An aerial ball met with a body block remains an aerial ball only until it hits the ground. Therefore, Player B must play the ball on the ground. (Rule 9, Sec. 1)
8. A player, in the act of catching a legal forward pass for a touchdown, is pushed by an opposing player and drops the ball. Does the touchdown score or is a penalty kick awarded?
   Both. A touchdown will be scored and one penalty kick awarded. (Rule 14, Sec. 1b)
9. If a touchdown pass is caught simultaneously by an offensive and defensive player, is a touchdown scored?
   No. A tie ball is called and the toss-up is taken on the five-yard line opposite the spot where the tie ball occurred. (Rule 7, Sec. 3, Interpretation)
10. May a field goal be scored directly from a penalty kick?
    No, not directly, but it can be played by another player as a free ball if the drop kick does not go over the crossbar and a goal can be scored. (Rule 12)
11. When the ball is kicked or thrown against the goalposts in an attempt to score and it rebounds to the penalty area, is the ball in play?

12. If the ball is in the air in an attempted score (touchdown or dropkick), when the whistle blows for a quarter, does the score count?
The final horn of the timekeeper shall indicate the end of playing time. Therefore, the score shall not count.

13. Is a penalty kick awarded the opposing team if a substitute enters the game and her name is not in the scorebook?
For every player entering the game whose name is not entered in the scorebook, the opposing team shall be awarded one penalty kick.

Clarification of Rules

1. An indirect free kick is awarded for an infringement of any rule governing goalkeeper's privileges. This penalty also applies to any defensive player who commits a foul other than personal contact (i.e., traveling, handling the ball violations, etc.) within the penalty area. (Rule 9, Section 6)
2. An attempted drop kick started within the penalty area. If the ball goes over the crossbar and between the uprights, a free kick is awarded the opponents on the spot of the violation. If the drop kick is unsuccessful, it is considered a ground ball with the possibility of scoring a fieldgoal.
3. If an attempted penalty drop kick fails and is first played by the opponents, play continues. If the ball is touched first by the kicker's team, a free kick is awarded the opponents on the penalty kick mark.

NAGWS FLAG FOOTBALL COMMITTEE
1972-1974

MARYGRACE COLBY, *Chairman*, University of Santa Clara, Santa Clara, CA 95053
CAROLYN HEWATT, *Past Chairman*, University of Texas, Austin 78712
GLORIA CROSBY, *Chairman-Elect*, Iowa State University, Ames 50010
LAURA L. BIGGS, Pekin Community High School, Pekin, IL 61554
PATRICIA J. BONNOR, Milligan College, Milligan College, TN 37682
RUTH MARSKE, South Dakota State University, Brookings 57006
LINDA M. OCHS, University of North Dakota, Grand Forks 58201
SUSAN L. PETERSON, North Rockland High School, Thiells, NY 10984
REGINA RODMAN, Western Senior High School, Baltimore, MD 21209
FRANCES A. TOMLIN, University of Texas, Austin 78712
MARY JO WALDMANN, Kempsville High School, Virginia Beach, VA 23462

Advisory Committee

TOM ECKER, Educational Service Center, Cedar Rapids, IA 52404
MICHAEL J. STEVENSON, University of Michigan, Ann Arbor 48104

1974-76

GLORIA CROSBY, *Chairman*, Iowa State University, Ames, IA 50010

EDITORIAL COMMENT

Following the 1965 study made by the Division of Girls and Women's Sports to determine the prevalence of flag football, growth has been continual and immeasurable in schools, colleges and universities. Many districts have adopted this activity as a unit in physical education programs, and intramural programs have gained in popularity. Many successful intramural and recreational programs in and outside of schools have existed for years, using their own rules, usually a modified version of boys' rules. A change from these traditional rules to DGWS has been difficult for some, and there are those who still are not aware there are rules for girls and women. The committee hopes you will contact others telling them national rules are available.

It is important that programs be conducted in accordance with DGWS philosophy and standards. Non-contact football-type games as approved by the Executive Council in 1968 should meet the following conditions:

a. The game be incorporated in the instructional and/or intramural program;
b. The participants receive instruction in the game by qualified personnel;
c. The safety and the welfare of the participant be the primary concern;
d. The rules and officiating eliminate body contact and prohibit roughness and dangerous play;
e. Attention be given to physical conditioning of the participants.

The task of revising rules for the third *Guide* has not been easy. An in-depth study over the past several years has tried to clarify areas which have been questioned or not easily interpreted. To provide an educational learning experience, several areas have been changed to coincide with boys' rules. If the girls' game is somewhat similar to that of boys, they will become better spectators. The officiating of intramural programs, many done by men, will be more consistent. The "Clarification of Rules" section has been revised to assist in easier interpretation.

Since there are few, if any, publications on girls football, the *Guide* committee realizes the need for more material to aid teachers and recreational leaders. This *Guide* includes the first knowledge tests, compiled from tests submitted, as well as several excellent articles on teaching techniques on screening and blocking and equipment. There is still a need for more materials, and you may be a prospective committee member or author. Those excellent skill tests, teaching units, drill formations, and officiating techniques you use should be shared with others. Do contact the *Guide* chairman and become a part of a rapidly growing activity.

Previous committees are to be complimented on their efforts in the development of rules and articles. Their efforts have made this committee's job easier in providing you with material which will be helpful.

MARYGRACE COLBY
Flag Football Chairman

Techniques for Play

FRANCES A. TOMLIN

The author is a doctoral student and teaching assistant with the University of Texas at Austin. She was previously with the University of Oklahoma, Norman, as an assistant professor of physical education and director of women's recreation, and here she initiated a flag football intramural program in 1969. She has served as Oklahoma DGWS Chairman and as secretary for Southern District DGWS.

The fundamental skills of flag football are basically the same as those found in regulation football – catch, pass, kick, etc. Any good book on football can help the teacher and player master these skills; flag football does require, however, that some skills be added or adapted. Naturally, personal contact techniques have been eliminated. In their place are screening, a skill borrowed from basketball, and the flag-pull.

Screening

The game calls for no body contact between players; therefore, the offensive team has but two techniques to protect the ball carrier – deception and screening. Screening is performed much the same as in basketball since only body position may be used. While it is still illegal to use the arms, the screen is allowed to move with the play.

Since there is to be no contact, once a screen is set, the defense must go around it. Thus, offensive players should try to keep a position between the ball carrier and the defense while remembering not to crowd or get too close or too far from the ball. Note that only two screeners may run downfield with the ball carrier. Just as in basketball, the position must be established in time for the defense to recognize the screen. Stepping in front of a defensive man at the last minute to cause contact is an illegal method of screening.

Pulling the Flag

The objective of the defense is to stop the offense from progressing downfield with the ball. This means that the ball carrier must be stopped. The only legal way to stop her is to detach one of her flags from her person.

Therefore, the defensive player has two problems. First, she must get close to the ball carrier and, then, she must get the flag. Getting to the ball carrier requires speed, agility and a degree of strategy. As in basketball, it is best to keep her position between the ball carrier and the goal. If the ball carrier is protected by a screen, then she must be able to fake and either roll off or cut behind that screen.

Once within range of the ball carrier, the defensive player reaches for the flag, grasps it firmly, and pulls it off. She should be close enough to the runner so that she can reach for the flag and still keep both feet on the ground. A running leap for the flag is bad technique since it is more likely that the flag will be missed and the defensive player fall. For safety's sake, such a maneuver is against the rules. Remember also that the ball carrier may not be held, pushed or hit as the flag is removed.

As soon as she has detached the flag, the defensive player should stop at the spot and hold the flag up in the air. This will make for more efficient play since the officials and players will be able to tell quickly that the ball is dead. The game will move more rapidly and much confusion will be avoided for placement of the ball on the next down.

Running the Ball

Except on the kickoff, the ball is put in play with the centersnap. The quarterback's options are run, pass or handoff. Ultimately, she or another offensive player will most probably run with the ball. The ball carrier is stopped when someone pulls her flag. Since it is illegal to protect the flags, the runner must rely on speed, deception, and quick maneuvers to be successful. This means that the runner must be a fast starter, stopper, turner and twister. Often, the runner can deceive the opposition by a simple change of pace, that is, a sudden burst of speed at the right moment or a sudden stop or slowing down with a defender who is in hot pursuit.

The ball can be held more naturally in this game since, while a fumble will halt progress, the opponents may not take possession. Therefore, it is not necessary to tuck the ball in tightly or to worry about which hand holds the ball. The result should be more flexibility and mobility in running.

Centering the Ball

The ball is centered on scrimmage play. Rules require the ball to be centered from the ground in one continuous motion between the feet of the center player. The ball may go to any backfield player.

The center player assumes a three-point stance over the ball and holds it forward of the body. Feet are apart and either parallel or with the right foot slightly forward. The knees are bent with the hips and back held parallel to the ground.

The grip is much like that for a forward pass. The lacing is turned to the right and the fingers are placed across the lacing. The left hand is used to guide the ball and should be held further back on the ball. The wrist and fingers are used in a snapping action giving the ball a twist as it leaves the hands.

The position of the receiver determines how hard or soft the centersnap will be. If the back is in close, the centersnap should be soft and kept low. The farther back the receiver stands, the harder must be the snap and it must be high enough to reach the receiver so that she does not have to move out of position to make the catch.

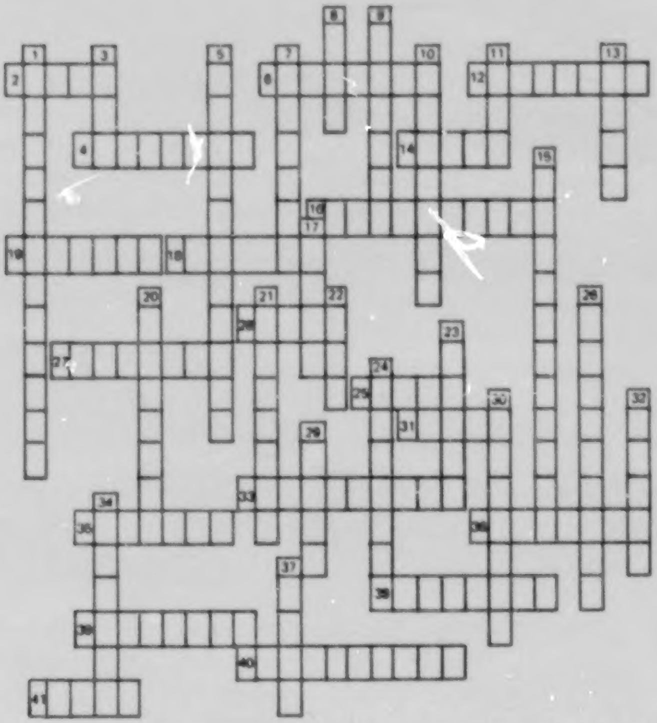
Once the pass has been made, the center player is still involved in the play. Most often, she will receive a screening assignment. She must be ready to move quickly following the snap. More important, she must be careful not to give away the play by adjusting her stance or grip in any way on any play.

When rules are adapted, it follows that technique must also be adapted. To some extent, the same skills will be useful but in new ways. Often, new techniques must be developed. Replacing the tackle and block with the flag-pull and screen has made football safer, more economical and opened the activity to many more participants. These skills are what give flag football its uniqueness. For good play, they must be mastered and their importance understood by teacher and player alike.

Flag Football Crossword Puzzle

JANICE A. HOWARD

Janice Howard received her B.S. degree from California State University at Fullerton and is working on her master's degree at the same institution. She is currently department chairman at Buena Park High School, Buena Park, California, serving as softball chairman for DGWS California South.



Questions

1. Football for girls
2. Number of downs allowed
3. One method to move ball down the field
4. Zone neither team may enter before the ball is centered
5. Person who calls the plays
6. To give the ball to a teammate
7. The formation that plans the plays
8. The ball may be centered to ______ person in the backfield
9. A member of the backfield may be in ______ before centering the ball
10. Yard penalty for protecting flags
11. Minimum number of points after touchdown
12. Crossing into neutral zone before centersnap
13. Opportunity to advance ball from scrimmage play
14. Yard penalty for offsides
15. If pass is missed
16. Point after touchdown
17. What defensive line should do as soon as ball is centered
18. To snap
19. Captain's choice
20. Use to start game
21. A punishment
22. Amount of points for touchdown
23. A player may ______ by virtue of position only
24. To drop the ball
25. An infringement of a rule
26. Term for score in flag football
27. Imaginary line where ball rests
28. To throw ball through the air
29. To propel ball with foot
30. A ______ pass may be made anywhere on the field
31. Another name for endline
32. Width of neutral zone in yards
33. Ball dead behind own goal line – sent there by opponents
34. A good pass should put ______ on the ball
35. Worth two points
36. Where player with ball must go to score
37. What is used to indicate tackle
38. A ______ pass may be made only from behind line of scrimmage
39. To catch a pass
40. Players not on scrimmage line
41. If penalty is more than distance to goal, ______ the distance to the goal is taken

Answers

1. flag football
2. four
3. run
4. neutral
5. quarterback
6. handoff
7. huddle
8. any
9. motion
10. fifteen
11. one
12. offside
13. down
14. five
15. incompleted
16. conversion
17. rush
18. center
19. option
20. kickoff
21. penalty
22. six
23. block
24. fumble
25. foul
26. touchdown
27. scrimmage
28. pass
29. punt
30. lateral
31. goal
32. three
33. touchback
34. spiral
35. safety
36. endzone
37. flag
38. forward
39. receive
40. backfield
41. half

Construction of Equipment-Flag Football at a Minimal Cost

GLORIA E. CROSBY

Gloria Crosby received her B.S. and M.S. degrees from the University of South Carolina, Columbia. Her teaching experience encompasses elementary, junior and senior high and college levels. She was state sports chairman for flag football and held several clinics in South Carolina. She is now at Iowa State University, Ames.

A flag football program is possible for any school at a minimal cost if one utilizes student and teacher assistance. The following items were constructed at a great savings.

Boundary flags can be made from dowels with a red vinyl triangle attached. Dowels can be 1 or 2 inches in diameter, 3 feet long, and sharpened on one end with a hatchet. Vinyl can be purchased in a rectangle and cut to shape (18 inches long and 12 inches wide). They can be attached with a staple gun or tacks. A 3 foot by 5 foot piece of material yields 20 flags. Other markers used could be old tires painted orange, red or yellow. The local telephone or electric and gas company might donate cones or "witch caps."

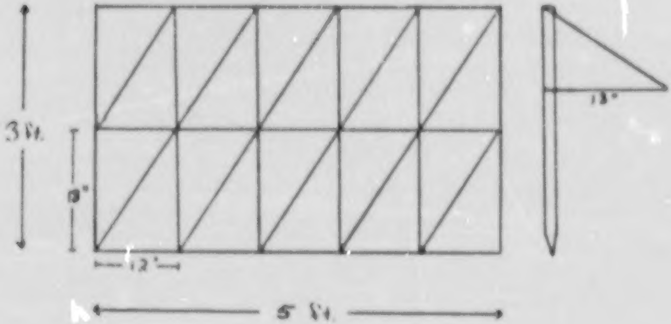


Figure 1. Construction of boundary flags.

Flags must be 3 inches wide and 14 to 20 inches in length. They may be of any color since flags with each team must be of contrasting colors. Students can make them of heavy duty cotton or vinyl and they can be fastened to a heavy duty cotton belt with No. 14 gripper snaps or velcro can be sewed in 1 inch squares onto the cotton belt. Also, students can bring a belt from home and tuck one end of the flag under the belt. If money is available, official belts and flags can be purchased from a sporting goods store for about $1.50 each.

Pinnies for players and officials are made from cotton material or anything available. Use solid colors for players' pinnies. Officials' pinnies can be made of white and trimmed in black, or a black and white striped material can be used. Heavy ribbon can be used for ties.

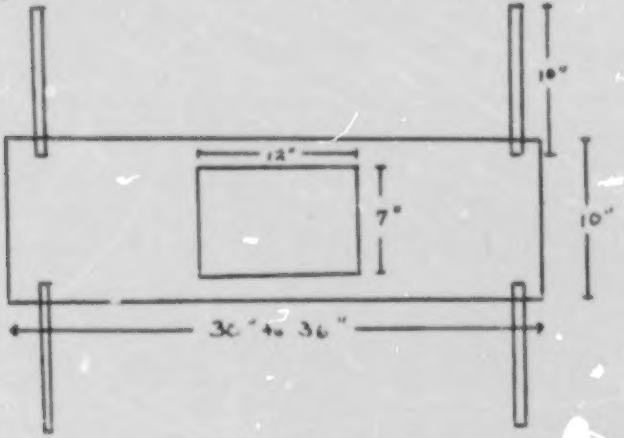


Figure 2. Construction of pinnies.

Penalty flags for officials are 1 foot square, red, and weighted in one corner with a marble, penny, rock or something similar.

Footballs are junior or intermediate size. If footballs are not available through your school central supply office, they can be bought at a large discount store for approximately $5 each or borrowed from the students or boys' department.

Downs markers and chains are simple too. You will need three 5 to 6 foot poles (broom handles, rake or shovel handles). Bore a ¼ inch hole near the bottom of two poles and attach a hinged ring loop to which the 10 yards of chain attaches. Bore another ¼ inch hole near the top of the third pole and attach another hinged ring loop for the down indicators. You need six tile, plastic, or wood rectangles (about 10 by 14 inches) for the four down indicators and the two circles for the 10-yard markers. Use a compass to make 4½ inch radius circles. The circle markers can be permanently attached with screws or tacks. The four down rectangles must have a hole near the top center and are all placed on the ring loop on the down's pole. Circles and down numbers (1, 2, 3, 4) may be done with black enamel paint or permanent felt tip marker.

Any of the above items can be constructed by the instructor, leaders club, physical education assistants, or as a class project. These are just a few ideas which can help in cutting costs when adding a new sport to your program.

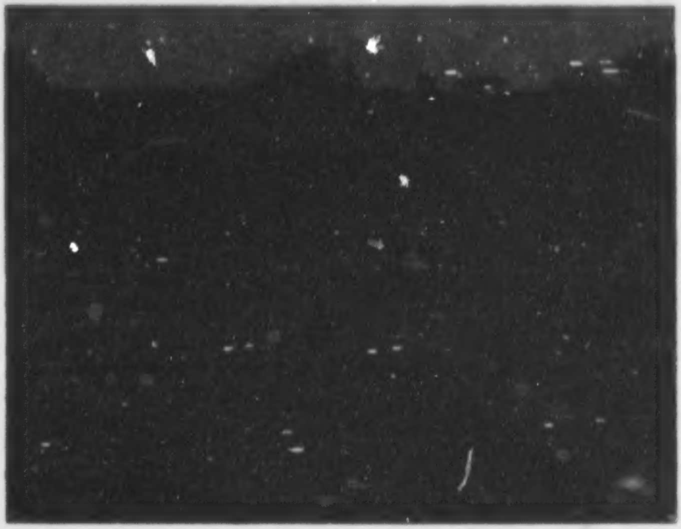


Figure 3. Homemade 10-yard chains with a student holding the down indicators.

New Skill Experiences

LAURA L. BIGGS

Laura Biggs received her B.S. degree in physical education at the University of Illinois, Urbana, where she played for two years in the girls' intramural flag football league. She has conducted two state-wide flag football clinics for teachers in the last two years. She is employed currently at Pekin Community High School, Pekin, Illinois, where she introduced flag football into the physical education curriculum.

With the introduction of flag football into girls' physical education curriculums and intramural programs, the challenge of an exciting team sport requires new skill experiences. Though many skills are similar to those in other activities, they take on new meaning in flag football. Running becomes a strategy; throwing, an important means of progressing towards a score; and kicking, an attempt to put the opposing team at the greatest possible disadvantage.

Drill Formations

Specific, simple drill patterns, while increasing class organization, allow the instructor to focus on particular students executing the skill. Conventional shuttles, circles, lines and columns require minimum movement of students, yet provide a variety of situations which can become very game-like. With the inclusion of a scoring system in the drills, enthusiasm and team identification increase.

Shuttle, circle and double column formations are effective for stationary passing and catching. Passing to a moving player and pass defense can be executed from two columns. Passing, catching, and handing-off can be combined in a shuttle drill. Single shuttle and multiple shuttle formations are used for flag protecting and flag grabbing. Centering can be practiced in a single column formation. Place kicking and punting, for the sake of safety, should be executed from single opposing lines.

Basic Skill Points

The grip for a forward pass is unique to the football, though the arm motion is the same as with the softball throw, as is the shift of weight. There is no snap of the wrist to the forward pass, however, for the follow-through is with the fingers toward the target. An incorrect flight is usually related to the follow-through. If the ball flips end over end, there was a wrist snap. If the ball rotates end for end, the follow-through was across the body. If the ball floats with no spiral, the ball was pushed off the hand rather than rolled off the fingers.

The lateral pass indicates direction of flight rather than a specific technique. Anytime the ball is thrown or pitched behind the passer, it is a lateral pass. In the hand-off, the ball is moved from the hands of one player to the hands of another with no air flight. The emphasis is on secrecy. Both of these ball movements, which vary with individual styles and situations, are most effective when used discriminately during the game.

Centering is a skill which is difficult to relate to another activity. It is, however, a spiral pass from the ground to a player behind the passer. The grip and the release are the same as with the forward pass; the direction of flight being the only difference. Incorrect flights result for the same reasons that cause a forward pass to vary.

Body positioning, hand positioning and absorption of force are principles which are important to catching a ball of any kind. The shape of the football requires minor adjustments in hand positioning to allow part of the ball to pass beyond the hands before the force is absorbed.

Kicking, too, is a skill utilized in many sports. The football punt, which includes the approach, the release, the contact, and the follow-through, is executed like the soccer punt. However, again because of the football's unique shape, a slight adjustment must be made. When the ball is dropped, the point of the ball is angled to one side of the kicking foot. This direction is determined by the individual kicker. The foot position and the follow-through of the leg dictate the height, distance and amount of spiral or flip to the ball.

Place kicking a football requires only one concern for ball position and that is the degree of slant toward the kicker when the ball is grounded. This, again, is an individual preference. The approach, the contact, and the follow-through are executed as with any kick where the ball is in a stationary grounded position.

Flag pulling is solely a matter of body positioning and timing, as is flag protecting. Basic body control – the ability to change direction sharply, to fake, to move quickly at the right time to avoid contact – is the main factor in being an effective ball carrier or defensive player.

Keeping It All Together

Flag football skills, like any newly learned skills, are improved with practice. The instructor should structure the learning situation to remove as many external distractions as possible and continuously offer words of encouragement and correction. Setting specific plans of drilling and using concise directions for movement around the field will aid the students in concentrating on the new skill experiences.

Cue words, which are simple to hear and understand, are important, and should be used whenever possible. A floppy pass will be improved more rapidly if the instructor calls across the field to a student "not snap, roll." The student will equate the words with the release of a forward pass and should indicate to her the exact correction.

The more organized the class situation is, mechanically and verbally, the less difficult it is for the students to learn flag football skills. The combination of proper skill execution, simple corrections and precise drill formations provides the students with a learning situation which becomes an exciting, new experience.

Marking the Field for Better Play

BARBARA BRIMI MOFFITT

Barbara Moffitt received her B.S. and M.S. degrees from the University of Tennessee, Knoxville. She is presently assistant director of intramural sports and instructor of physical education at the University of Texas at Austin. Her responsibilities include the Flag Football Intramural Tournament. She is currently chairman of the Central Texas Board of Women Officials.

The facilities used for a flag football game are of vital importance. If the playing area is marked properly and equipped adequately, the chances for optimum efficiency in terms of officiating, playing and fans' enjoyment are greatly increased.

Lines

There are several substances which can be used to mark the lines of the field. Your choice will depend on money, personnel and time available. Consider also how long the field will be in use in terms of days and hours and allow for changes in weather conditions. The best and most durable material for marking lines is paint sprayed by a paint spray machine. However, this piece of equipment is expensive. Commercial paint stores should be able to give you information on this machine. It takes about five gallons of paint, mixed with three gallons of water to line one field. The lines should last for at least two weeks (depending on use and weather).

Lime mixed with water and laid with a line machine or a converted grass spreader has been successfully used for years to mark lines. However, lime is messy and takes a good deal of mixing. A 50-gallon vat, a trailer to transport the lime and a dry storage place are necessary. Lime, when brought in contact with moisture, tends to explode sometimes and, therefore, should be stored by itself. Again depending on the use of the field, lime markings may need to be done twice a week.

Dry lime or marble dust is easy to use but the field may require more frequent touch-ups. This could be spread by a converted grass spreader or even by hand. Any marking chalk may be used as long as it is not harmful to the participants. Another method used by some people involves spraying grass-killer where the lines would be. It is quite easy to use the lime over these grass-less lines resulting in a very well marked field. Tape is dangerous and not recommended. In the long run, the paint spraying machine gives the best results.

The first time you mark the field you will need an assistant, a tape measure, two rolls of string, and several pegs. Determine where your endlines and sidelines will be and at each corner of the field insert a peg in the ground. Tie a string on the peg and stretch it completely down the sideline to the next peg. You should have a string for each endline and one for each sideline. Mark these lines following the string and dribbling the marking substance on top of the string. These pegs or some other type of permanent marker could be pounded into the ground so that they are not dangerous and left from year to year. This eliminates remeasuring each year.

Using the same measuring procedures, measure off the goal lines, the center line and the conversion lines. Inbound lines may also be marked but are not necessary. Mark these the same way you did the other lines.

A restraining line is helpful about 10 yards from and parallel to the sidelines. If you have bleachers, the line should be in front of the first row of bleachers. If the coaches, substitute players and the fans stay behind this line, there is less chance for people being on the field during play. This reduces the probability of spectators and ineligible players interfering with play on the field and also insures the safety of players and spectators. Many times the fans become excited and do not realize they are on the field of play. The restraining line is easy to mark and most helpful. It may be necessary to remind people that there is a restraining line from time to time.

Flags

After the field is marked, flags should be put on both sides of the goal lines. If the flags cannot be purchased, towels or other types of cloth will be sufficient. These flags should be on a pole which is flexible and no more than three feet high. They should be safe and should not interfere with play. These flags provide players and spectators with a visual gauge of distance to the goal line. Red is recommended for flags marking the goal lines.

Downsmarker

A downsmarker is a big help to everyone and lets the fans know what down it is. It is not necessary to purchase a downsmarker; one can be made with cards on rings which can easily be flipped and placed on top of a pole. This downsmarker may be carried by a sideline official and used also to show the placement of the ball for each down. The cards should be large and have dark numerals in order to be seen from a distance. Black numerals on a white background are recommended. A downsmarker is a visual aid which helps spectators, players, and officials keep up with the progress of the game.

After your field is marked and you have the rest of your equipment, all you need are the players and the officials. Good luck!

Flag Football Test

Compiled by CAROL J. McGINN

Carol McGinn received her B.A. and M.A.T. from the University of South Carolina. Her teaching has been in the public schools in Florida and South Carolina.

Answer True or False

1. The defensive team is the team in possession of the ball.
2. The offensive team does not have the ball.
3. A team is given a series of four downs to advance the ball into the next zone or score.
4. A fumble is the dropping of the ball to the ground by a player who had possession of it.
5. An incomplete forward pass is not caught by a receiver and falls to the ground.
6. An intercepted pass is one caught by a player who is on the defensive team.
7. A lateral pass is legal and may be used anywhere on the field.
8. A forward pass must be thrown before crossing the line of scrimmage.
9. A punt may be used on the kickoff and on fourth down situations.
10. There are only six people eligible to carry the ball and receive passes.
11. Any player or defense may intercept a pass and run with the ball.
12. Football games are played in quarters, not halves.
13. A safety awards the defensive team with two points, plus they receive the ball from a kick-off.
14. You are considered out of bounds when you step on the side line.
15. Members of the defensive team may not use their hands while the offensive team members may use theirs.
16. The players on the offensive team may pick up a fumble and run with it.
17. The ball is placed two yards out from the goal line in order to try for the conversion.
18. If one foot is in bounds on a forward pass reception, it is considered legal.
19. Stiff arming is allowed, but only by the ball carrier.
20. A defensive team may line up any way it sees fit.
21. There is no score when a touchback occurs.

22. There can only be one forward pass and one lateral pass during the four downs.
23. You must always punt on the fourth down.
24. An official football team consists of 11 players.
25. The line of scrimmage is an imaginary line where the ball rests before play begins.

Choose the best answer

26. How many points are awarded for a touchdown?
    A. Six
    B. Seven
    C. Two
    D. Three
27. How many points are awarded for a successful conversion?
    A. One
    B. Two
    C. One or two, depending upon the method used
    D. Three
28. How many points are awarded for a safety?
    A. Six
    B. Seven
    C. Two
    D. Zero
29. The loss of yards imposed by the referee because of a violation of the rules is called
    A. An infraction
    B. Offsides
    C. A penalty
    D. Interference
30. The ball is placed where for the kick-off?
    A. On the center line
    B. Anywhere the kicker wants
    C. On the kicking team's quarter line
    D. Anywhere behind the kicking team's quarter line
31. The ball goes out of bounds on the kick-off. What happens?
    A. Choice by receivers of re-kick or accept kick
    B. Choice by kickers to re-kick or accept kick
    C. Five yard penalty against kickers
    D. This is a touchback
32. At the kickoff, the ball is blown dead and placed on the receiving team's quarter line. In which situation did this occur?
    A. The ball was downed at the 2-yard line.
    B. The defense had a safety.
    C. The ball was touched by the receiving team in the end zone.
    D. The ball went out of bounds.

33. On the kickoff, the ball takes a bounce back toward the kicking team. Where should it be blown dead?
   A. Where it first hit the ground
   B. Where it rolls dead
   C. Where it is downed by the defense
   D. Where it is downed by the offense.
34. On the snap, the ball hit the ground before being touched by the quarterback.
   A. The ball is dead where it first touched the ground.
   B. The quarterback may play the ball.
   C. It is a safety.
   D. There is a five yard penalty.
35. Until the ball is centered or snapped, both teams must remain out of
   A. The scrimmage line
   B. The opposing lineup
   C. The three-yard neutral zone
   D. The five-yard neutral zone.
36. The quarterback must pass the ball from
   A. Where she receives it
   B. Anywhere
   C. Anywhere behind the line of scrimmage
   D. Within five yards of the line of scrimmage.
37. The quarterback laterals to a backfield player who fumbles the ball.
   A. There is a five-yard penalty.
   B. It is a safety.
   C. The player may pick up the ball and run.
   D. The ball is dead where it first touched the ground.
38. After an incomplete pass, the ball is placed on
   A. The spot where it first touched the ground.
   B. The same spot where the previous down began.
   C. The spot where the receiver was when she dropped the ball.
   D. The spot where the passer was when she threw the pass.
39. Screening is legal provided there are no more than
   A. Two players screening at one time.
   B. Three players screening at one time.
   C. One player screens at one time.
   D. Screening is never legal.
40. When the ball carrier has her flags pulled behind her own goal line, this is called
   A. A safety
   B. A touchdown for the defense
   C. A blitz
   D. A touchback.

41. The lateral pass
    A. Is an underhand toss.
    B. Is tossed parallel to, or in a backward direction, toward the passer's own goal.
    C. Is tossed in front of the line of scrimmage.
    D. Is both A and B.
42. When a player is over her team's line of scrimmage before the ball is snapped, she is considered
    A. In the neutral zone
    B. Out of bounds
    C. Offside
    D. Downed.
43. If the ball carrier falls down
    A. She may get up and run if her flags have not been pulled.
    B. She may use a lateral pass and pass the ball to a teammate.
    C. The ball is dead and the next play starts on the spot where she fell.
    D. The player may call time out while she gets up and then run.
44. A touchback may occur when
    A. A player is tagged in her own end zone.
    B. A player intercepts a pass in her own end zone.
    C. A player runs across her own end zone.
    D. A player runs across her opponent's end zone.
45. Team A has the ball on its 20-yard line, first down and 10 yards to go. On its first play, Team A gains three yards. A scoreboard would read
    A. First down, three yards to go
    B. Second down, three yards to go
    C. First down, seven yards to go
    D. Second down, seven yards to go.
46. The penalty for any holding or blocking is
    A. Five yards
    B. Five yards and loss of down
    C. Ten yards
    D. Fifteen yards
47. The penalty for offside by the offense is
    A. Five yards
    B. Five yards and loss of down
    C. Ten yards
    D. Fifteen yards
48. The penalty for pass interference by defensive team is
    A. Five yards and gain of down
    B. Automatic first down at spot of foul
    C. Five yards
    D. Fifteen yards

49. The penalty for tucking the flags into pants is
   A. Five yards
   B. Five yards and loss of down
   C. Ten yards
   D. Fifteen yards

50. The penalty for any unnecessary roughness is
   A. Expulsion of the offender
   B. Fifteen yards
   C. Both A and B
   D. Automatic touchdown for offended team.

Flag Football Test Answers

1. F
2. F
3. T
4. T
5. T
6. T
7. T
8. T
9. T
10. F
11. T
12. T
13. T
14. T
15. F
16. F
17. F
18. T
19. F
20. T
21. T
22. F
23. F
24. F
25. T
26. A
27. C
28. C
29. C
30. D
31. A
32. C
33. A
34. A
35. C
36. C
37. D
38. B
39. A
40. A
41. B
42. C
43. C
44. B
45. D
46. D
47. A
48. B
49. D
50. C

Flag Football Penalty Chart

MARYGRACE COLBY

Marygrace Colby received her B.S. degree from the University of Arizona, Tucson and her M.A. degree from California State University, Sacramento. She is presently director of women's recreation at the University of Santa Clara, Santa Clara, California, where she directs a vast program of instruction, intramurals and intercollegiate sports, involving both men and women students. She has served in many official capacities for local, state, regional and national girls and women's sports programs.

Learning the many penalties involved in flag football should be simplified by using an abbreviated chart. This chart can be carried by officials during the game.

Penalties should be enforced at the point of infraction (POI), line of scrimmage (LOS), or the point of kick (POK). The down remains the same unless otherwise indicated.

The procedures for fouls are:
Offended team has option of accepting or declining
Declined – number of next down same as if no foul occurred
When penalty greater than distance to goal – take ½ distance

Kick Off

POK Crossing line by either team. 5 yards with re-kick

Ball Centering

LOS 25 second count, off sides, false start, illegal center snap, more than 1 backfield player in motion. All 5 yards. Down remains same.

Scrimmage Kick

LOS Failure to announce. 5 yards and kick repeated or 1st down for opponents at spot where ball dead (depends upon down)

POK Kicking or receiving team enters neutral zone before kick. 5 yards from where ball is dead after kick.

POK Less than 3 players on LOS. 5 yards from where ball dead after kick

Forward Pass

Interception of illegal pass, play continues until ball dead.

Intercepting team option of 1st down where ball dead or accepting penalty.

LOS Forward pass thrown after crossing LOS. 5 yards and loss of down

LOS Intentional grounding of pass. 5 yards and loss of down

POI Thrown after catching a kick. 5 yards

POI Thrown after interception or catching pass. 5 yards

LOS Pass Interference by offense. 15 yards and loss of down

POI Pass Interference by defense. 1st down

Delaying Game

POI Delay of game. 5 yards

LOS Falling on ball. 15 yards

Flag Wearing and Pulling

POI Wear illegally. 5 yards and loss of down

POI Ball carrier uses hands illegally. 15 yards

POI Ball carrier is pushed, hit, held. 15 yards

POI Falling to knees while pulling flag. Flag diving. 15 yards

Handoff

POI Ball handed forward on or beyond scrimmage line. 5 yards and loss of down

POI Backfield player hands ball forward to lineplayer. 5 yards and loss of down

Substitution

LOS Entering game before dead ball. 5 yards

LOS More than 9 players on field. 5 yards

LOS Disqualified player re-enters game. 15 yards

Screening

POI Offense uses hands to screen. 5 yards and loss of down. By defense – down remains same

POI More than two players screen. 5 yards and loss of down

Personal Contact and Unsportsmanlike Conduct

POI Personal contact, striking, tripping, kicking, using hands, running blocks, clipping, unnecessary roughness. Offense – 15 yards and loss of down. Defense – 15 yards down remains same

POI Repeated roughness/unsportsmanlike conduct – disqualified from game plus penalty

POI Abusive language by player/coach. Arguing with officials. Offense – 15 yards. Loss of down. Defense – 15 yards down remains same

Double or Multiple Fouls

Committed by both teams at same time – cancels out. Down replayed.

Multiple – two or more charged against same team. One enforced. Offended team may choose either penalty or decline both.

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Compiled by LINDA M. OCHS
University of North Dakota, Grand Forks

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Flag Football Visual Aids

Compiled by LINDA M. OCHS

16mm Film

A 1973 film by Jo Waldman. 20 min., sd. Film includes skills, offensive plays, defensive patterns and NAGWS rules. Distributor: Jo Waldman, 420 N. Loara, #18, Anaheim, CA 92801. Rental, $10. Written portion of this Master's thesis project available from California State University Interlibrary Loan, Long Beach, CA 90901.

Film Loop

Offensive Backfield Play; Offensive Passing; Kicking; Offensive-Receiving and Pass Routes; Defensive-Backfield Play. Super 8mm, color. Film on basic flag football skills. Distributor: BFA Educational Media, 2211 Michigan Ave., Santa Monica, CA 90404.

Official Flag Football Rules for Girls and Women[1]

The Game

Flag football is a game played by two teams of nine players each. The object of the game is to score touchdowns by running or passing the ball over the opponent's goal line.

RULE 1. PLAYING FIELD AND EQUIPMENT

Sec. 1 The official field shall be a rectangular area 100 yards long and 50 yards wide. The long lines shall be called sidelines and the shorter lines endlines.

Sec. 2 The goal lines on an official size field shall be 10 yards from the endlines.

Sec. 3 The field shall be divided into four equal zones. The center line shall be marked in the center of the field and the two quarter lines shall be marked equidistant from the center line and the goal lines.

Sec. 4 A conversion line shall be marked three yards from the goal line equidistant from each sideline.

Sec. 5 Inbound lines shall be broken lines drawn 15 yards from and parallel to each sideline.

Sec. 6 **Equipment**

a. The ball shall be an intermediate size football.
b. Two flags must be worn by each player. Flags for each team shall be of contrasting color and shall be worn on each side of the body hanging freely from the waist in such a manner that they may be easily detached when pulled by an opponent. Flags shall be three inches wide and 14-20 inches long.
c. There shall be a down marker with down numbers on it which is placed or held on the sideline opposite the line of scrimmage to indicate the down.
d. There shall be a clearly visible marker which indicates where a series of downs begins.

RULE 2. OFFICIALS

***Sec. 1** The basic officials for a game shall be a referee, umpire linesman, field judge, and scorekeeper. (See signals, p. 68.)

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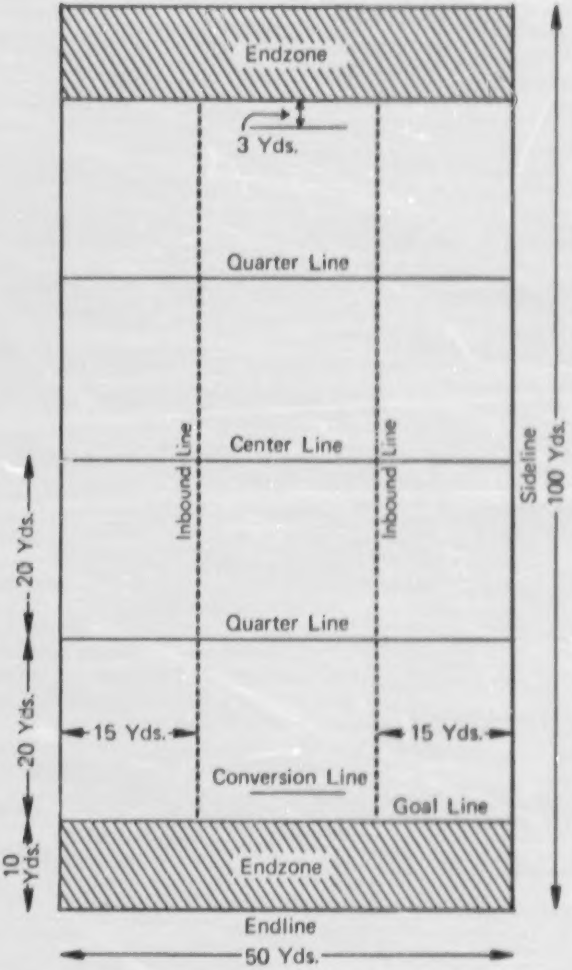
[1] Changes in rules and/or wording are indicated by a star (*).


Endzone
3 Yds.
Quarter Line
Center Line
Inbound Line
Inbound Line
Sideline
100 Yds.
20 Yds.
Quarter Line
20 Yds.
15 Yds.
15 Yds.
Conversion Line
Goal Line
10 Yds.
Endzone
Endline
50 Yds.

Sec. 2 General Information

a. Each official should carry a red handkerchief and drop it whenever an infraction of the rules occurs.

b. Each official should know and use the proper arm signals.

c. The officials may remove any player from the game for unsportsmanlike conduct and/or unnecessary roughness without prior warning.

d. The officials shall decide what procedure should be followed in the event that a situation not covered by these rules should arise.

Sec. 3 The referee shall:

a. Be the official in charge of the game.

b. Prior to the game:
   1. Inspect the playing field to see that it is safe and properly marked.
   2. Approve the game ball.
   3. Call the team captains together for the coin toss and explanation of any ground rules.
   4. Place the ball on the quarter line and signal the start of the game.

c. During the game:
   1. Administer all penalties.
   2. Explain to the captain any option to which she may be entitled following a foul.
   3. After suspension of play, place the ball where play is to resume, announce down and indicate by arm signal that the ball is ready for play.
   4. Signal time-out when necessary.
   5. Assume a position behind the offensive team during play. Watch the play near the ball.
   6. Indicate all first downs and scores by the appropriate arm signal.

d. After the game:
   1. Sign the scorebook and announce winner of the game.

Sec. 4 The umpire shall:

a. Assist the referee in calling fouls and making decisions when requested.

b. Assume a position behind the defensive team. Watch the line of scrimmage for fouls until ball is centered.

c. Call rules infractions on down field play.

d. See that timing devices are in order and that the scorer and timer understand their duties.

Sec. 5 The linesman shall:

a. Keep an accurate count of downs and shall move the down marker at the referee's signal.
b. Pace off the three-yard neutral zone and indicate the restraining line by his position.
c. Watch the line of scrimmage for offsides and any illegal motion prior to the centering of the ball.
d. Time the 25-second count.
*e. Assume a position on one side of field in the neutral zone.

***Sec. 6 The field judge shall:**

a. Be provided with a whistle, a clock and a stopwatch.
    1. The clock shall be used to time the game.
    2. The stopwatch shall be used to time the time-outs.
b. Sound whistle to indicate end of each quarter.
c. Start and stop watch at the referee's signal.
*d. Be prepared to call down-field fouls.
*e. Assume a position on the opposite side of the field from the linesman.

Sec. 7 The scorekeeper shall:

a. Record the names of players and substitutes for each team.
b. Keep accurate account of all points scored and all first downs earned by each team.

RULE 3. PLAYERS

Sec. 1 The Teams

a. Players and Positions
    1. A team shall consist of nine players and any number of substitutes. A team must have at least nine players to start the game. If a team has no substitutes and a player is disqualified, the team must play short. If at any time so many players are disqualified that the team has less than seven players available, they must default the game.
    2. The offensive team shall have five line players, one of whom shall be center and there shall be four backfield players, one of whom shall be quarterback.
    3. The defensive team shall line up in any fashion so that none are closer than 3 yards from the line of scrimmage.
b. The Captains
    1. Each team shall have a captain on the playing field at all times.

2. The captain or coach shall furnish the scorekeeper with the names of all players and substitutes at least two minutes prior to the start of the game.
3. The captain shall be the representative of her team in deciding whether to accept or decline penalties.
4. The captain may address an official only on matters of interpretation or to obtain essential information.

c. Substitutes

1. Substitutes may enter the game any time the ball is dead.
2. A player may substitute any number of times.
3. A player who is disqualified shall not re-enter the game.

RULE 4. DEFINITION OF TERMS

Centering—The act of putting the ball in play other than by a kick-off.

Default—A game is considered defaulted when—

a. A team fails

1. To appear for a scheduled game.
2. To be ready for play within 15 minutes after the time the game is scheduled to begin.
3. To be ready for play within one minute at the beginning of the second half or after time-out has been taken for any reason.
4. To play after being instructed to do so by the referee.
5. To have nine players to start play and at least seven to continue play.

b. Score of defaulted game is 2-0. If the game is in progress the score stands at the point of termination of the game. If the team which must default is winning at that time the score shall be 2-0.

Disqualifying foul – Unnecessary roughness or unsportsmanlike conduct for which a player is removed from the game.

Down – A unit of the game which starts with the centering of the ball and ends when the ball is dead.

End Zone – The area between the goal line and the end line.

Flag Guarding – Any player using hands, arms, clothing or spinning to prevent a player from pulling flag.

Forward Pass – A pass thrown by any player from behind the line of scrimmage toward the opponent's goal line.

Fumble – Failure of a player to retain possession of the ball while running or while attempting to receive a kick, center, hand-off or lateral pass.

***Hand-Off** – Handing the ball forward behind the scrimmage line to a backfield player; handing the ball in front of the scrimmage line to a teammate who is either parallel to or behind the ball carrier.

Huddle – Two or more players conferring between downs.

Kick-off – A punt, place kick or drop kick from own quarter line at the beginning of each half and after each try for point or safety.

***Lateral Pass** – A pass that is thrown sideways or back toward the passer's own goal.

Line Player – Offensive line player shall be those lined up not more than one yard behind the line of scrimmage.

Line of Scrimmage – Offense: An imaginary line drawn from the front tip of the ball and parallel to the end line. Defense: A line three yards from and parallel to the offensive scrimmage line.

Neutral Zone – A three-yard area separating the defensive team from the line of scrimmage until the ball is centered.

Own Goal – The goal that the team is defending.

Pass Interference – An act in which a player pushes, blocks, removes a flag or holds an opponent to prevent her from catching or intercepting a pass after the ball has left the hands of the passer.

Personal Contact – Any body contact between opponents. Use of hands and arms by pushing, holding shall be personal contact.

***Snapping**–Handing or passing the ball back from its position on the ground with a quick and continuous motion of the hand or hands.

Touchback – A kick-off or punt that is fumbled or lands in the end zone provided the impetus which sent it across the end line was given by the opponents. A player may catch a kicked ball in her zone and ground the ball not attempting to run it out.

RULE 5. SCORING AND TIMING

Touchdown	6 points
Successful Conversion	
Run	1 point
Pass	2 points
Safety	2 points

Sec. 1 Scoring

a. A touchdown is made when a runner carries the ball across the goal line or a pass is completed in the end zone.

FLAG FOOTBALL SCORESHEET

DATE: ____________________

TEAM: ____________________ COLOR: ____________________

1		13	
2		14	
3		15	
4		16	
5		17	
6		18	
7		19	
8		20	
9		21	
10		22	
11		23	
12		24	

SCORES

Touchdowns: __________ Safety: __________

Conversion points ____________________

	1st Half		2nd Half	
Time Outs	☐	☐	☐	☐

TEAM: ____________________ COLOR: ____________________

1		13	
2		14	
3		15	
4		16	
5		17	
6		18	
7		19	
8		20	
9		21	
10		22	
11		23	
12		24	

SCORES

Touchdowns: __________ Safety: __________

Conversion points ____________________

	1st Half		2nd Half	
Time Outs	☐	☐	☐	☐

FINAL SCORE

☐ ☐

If game is tied: total first downs

☐ ☐

Referee: ____________________

Umpire: ____________________

Linesman: ____________________

Scorer: ____________________

b. A conversion is attempted after a touchdown is scored. A team is given one scrimmage play from the three yard conversion line to complete a pass in the end zone or carry the ball over the goal line.

c. A safety is scored when the ball legally in the possession of a player becomes dead behind her own goal line provided the impetus which sent it across was given by a member of her own team. Points are awarded to the opposing team and the team scored upon restarts play with a kick-off from their quarter line.

Sec. 2 Length of Game

a. The game shall consist of four 10-minute quarters with 2 minutes between quarters and 10 minutes between halves.

  1. No quarter shall end until ball is dead. In case of a touchdown made on the last play of a quarter, the try for point shall be allowed.
  2. If a foul is committed by the offensive team on the last play of a period, the quarter is ended. If a foul is committed by the defensive team on the last play of a period, the offensive captain shall exercise her options before the teams change goals. If she chooses to accept the penalty, the down is replayed immediately. If she declines the penalty, the quarter is completed.

Sec. 3 Tie Game

*a. If the score is tied at the end of regulation play, the team with the greatest number of total first downs is declared the winner. If the number of earned first downs is the same, the referee shall toss a coin and the winning captain shall have the option of choosing goal or putting the ball in play from scrimmage from the center line. Each team shall have four consecutive downs and the winner shall be the team gaining the greater yardage during those downs. One time out will be allowed.

Sec. 4 Time Outs

a. Team Time Outs

  1. Any player may request a team time out when the ball is dead.
  2. Each team may have two time outs each half.
  3. Team time outs shall be 2 minutes in length.

b. Official's Time Out

  1. Time out shall be taken for the following without time being charged to either team:
     a. For injury to a player.
     b. After a touchdown, safety or touchback.
     c. When the ball goes out of bounds.

d. For all fouls.
e. During a try for point.
f. Any other occasion deemed necessary by the officials.

Sec. 5 Time in shall be taken when the referee signals ball is ready for play.

RULE 6. THE GAME

Sec. 1 Start of the Game

a. Each half shall start with a kick-off. Prior to the start of the game the referee shall toss a coin. The winning captain has the choice of (1) goal, or (2) kicking or receiving. The losing captain has the remaining choice.
    1. At the beginning of the second half the privileges shall be reversed.
    2. Goals shall be exchanged at the beginning of each quarter. At the beginning of the second and fourth quarters the ball shall be placed in a position, at the opposite end of the field, corresponding to where it was located at the end of the preceding quarter. The down and distance to be gained shall remain the same.

Sec. 2 Kick-Off

a. The ball shall be put in play with a punt or place kick at the beginning of each half and after try for extra point or safety.
*b. Any player may kick the ball from anywhere behind own quarter line.
    1. The kicking team must remain behind their quarter line until the ball is kicked.
    2. The receiving team must remain behind the center line until the ball is kicked.
*c. When a kick-off is caught in the field or end zone, the receiver may run, hand-off or throw a lateral pass. The ball remains in play until the ball carrier's flag is pulled or ball is declared dead by an official. The point at which the ball was declared dead becomes the line of scrimmage.
d. When a kick-off is fumbled in or lands in the end zone, it is a touchback and the receiving team shall start their series of downs on their own quarter line. A player may catch the ball in the end zone and ground it.
e. On a kick-off if the ball lands inbounds beyond the center line it is declared dead and put in play by the receiving team at the spot where it first touched the ground.

*f. On any kick-off, if the ball is fumbled by the receiving team it is dead and play begins from the spot where the ball touched the ground.

g. On a kick-off which does not cross the center line, the receiving team has the option of having the kick repeated or putting the ball in play on the center line.

h. If the ball goes out of bound at the side line, the receiving team has the choice of putting the ball in play on the inbound line opposite the spot where it went out of bounds or having the kick-off repeated.

Sec. 3 Scrimmage Play

a. Line-up
   1. The offensive team must be behind the line of scrimmage until the ball is centered; the defensive team must be 3 yards away from the line of scrimmage when the ball is centered.
   2. Before the ball is centered, the offensive team must have been motionless except one backfield player who may be in motion not closer to the opponents goal.
   3. The offensive team may not have more than four players in the backfield.

b. Centering the Ball
   1. The ball must be centered within 25 seconds after the ball has been declared ready for play by the referee.
   2. The ball must be centered from the ground in one continuous motion between the feet of the center.
   3. The ball may be centered to any backfield player.
   *4. If the ball touches the ground after it has been centered it is a dead ball. The next down starts from the spot where the ball first touched the ground. If on 4th down, opposing team starts series of downs at that spot.

Sec. 4 Downs

a. Upon gaining possession of the ball a team shall have four downs to advance the ball into the next zone or score.
   1. If a team crosses into the next zone, a first down is earned and a new series of downs begins.
   2. If a team fails to move the ball into the next zone they lose possession of the ball. The opposing team starts their series of downs from the spot where the ball became dead.
   3. If a team loses yardage, the original line must be crossed to obtain a first down.

Sec. 5 Scrimmage Kick

a. A team may punt on any down but must announce the punt to the referee before the ball is centered.

*b. Any backfield player may punt or place kick after receiving the ball from the center.

c. Neither team may cross the line of scrimmage until the ball has been kicked.

d. Each team must have at least three players on the line of scrimmage when the ball is kicked.

e. The receiver may run with the ball, hand-off, or lateral.

f. If the ball goes out of bounds at the side line it is dead and the next series of downs starts from the inbound line opposite that spot.

g. The ball is dead on the spot if a member of the kicking team touches the ball before it has been touched by a member of the receiving team.

h. If the ball is fumbled in or lands in the end zone or goes over the end line, the receiving team starts its series of downs on their quarter line.

*i. If the ball comes to rest in bounds without being touched by a player on the receiving team, the ball is declared dead and play starts from the spot where the ball first touched the ground.

*j. A ball fumbled by the receiving team – ball is dead and the ball is taken over by the receiving team at the spot where it first touched the ground.

Sec. 6 Offensive Play

a. The ball carrier may run in any direction until the ball is declared dead.

*b. The ball carrier may use any number of lateral passes or hand-offs anywhere on the field.

  *1. Forward hand-offs made behind the scrimmage line may be made only to backfield players.

  *2. Hand-offs in front of the scrimmage line must be made to a teammate who is parallel to or behind the ball carrier.

c. A forward pass may be thrown only from behind the line of scrimmage to any player on the offensive team.

  1. If the pass goes out of bounds or is not caught it is incomplete and the next down is taken from the last line of scrimmage. If this occurs on a fourth down play, the opposing team starts its series of downs from the same spot.

  2. If two opponents catch a pass simultaneously, the ball is dead and belongs to the team which put the ball in play. The next down begins at the spot where the simultaneous catch occurred.

  *3. A pass is considered complete if a player catches the ball with one foot inbounds and then steps on or over the line.

*d. A player who intercepts a pass in her own end zone may ground the ball, resulting in a touchback; or she may attempt to run the ball out of the end zone.

e. Screening
  1. Players may screen by virtue of body position only. No player may use her arms in screening.
  *2. Screening for a ball carrier on a running play is legal provided there are no more than two teammates screening at one time, regardless of field position.

Sec. 7 Defensive Play

a. A defensive player must have one or both feet on the ground when detaching a flag. After the flag is pulled, the ball is dead and the next down starts from that spot.

b. The flag must be pulled without pushing, holding or hitting the ball carrier.

c. The ball carrier may not use her hands or arms in any manner to prevent her flag from being pulled.

Sec. 8 Dead Ball. The Ball is Dead:

a. Anytime the ball carrier touches the ground with any part of her body other than her feet and hands.

b. When the ball carrier has a flag pulled.

c. Following a touchdown, try for point, safety or touchback.

d. When the ball goes out of bounds or when a player in possession of the ball steps on or over a boundary line.

e. When a scrimmage kick hits the ground.

f. On a kick-off, when the ball touches the ground.

g. On an incomplete forward pass.

h. When a player of the kicking team touches a scrimmage kick before a member of the receiving team.

i. When a simultaneous catch occurs.

j. When fumbled ball touches the ground.

Sec. 9 Out of Bounds

a. When the ball or the ball carrier touches or goes over the side line, the ball is put in play on the inbound line, opposite the spot at which the out of bounds play occurred.

b. A forward pass that is caught out of bounds or over the end line is incomplete and constitutes a down.

RULE 7. FOULS AND PENALTIES

A foul is any infringement of the rules which results in loss of yardage. The captain of the offended team has the option of accepting or declining any penalty, whichever is to her team's best interest. If the penalty is declined, the number of the next down is the same as if the foul had not occurred. Whenever the penalty is greater than the distance to the goal line, the penalty shall be half that remaining distance.

Sec. 1 Fouls occurring on the kick-off

a. Any member of the kicking team crossing the quarter line before the ball is kicked.
   Penalty: Kick is repeated from 5 yards behind the quarter line or first down where the ball was declared dead.

b. Any member of the receiving team crossing the center line before the ball is kicked.
   Penalty: Kick is repeated from 5 yards in front of the quarter line or first down where ball was declared dead.

Sec. 2 Fouls occurring as or before ball is centered

a. Failure to center ball within 25 seconds.
b. A false start by the center lifting the ball completely from the ground before centering or failing to center the ball between her feet.
c. The offensive team crossing the scrimmage line or the defensive team entering the neutral zone before the ball is snapped.
*d. Failure of member of the offensive team, other than one backfield player in motion, to be motionless as the ball is centered.

*Penalty: For a, b, c, d; loss of five yards. Down remains the same.

Sec. 3 Fouls occurring on scrimmage kick

a. Failure of team to announce punt to referee.
   Penalty: Loss of five yards and kick repeated or first down for opposing team at the spot where ball was declared dead.

b. Any member of kicking team crossing line of scrimmage or any member of receiving team entering the neutral zone before the ball is kicked.
c. Less than three players from either team on the line of scrimmage when the ball is kicked.

*Penalty: For b and c; loss of five yards from the spot where the ball was declared dead, after the kick.

Sec. 4 Forward Pass

If the opposing team intercepts an illegal pass, play continues until the ball is declared dead. The captain of the intercepting team has the option of retaining possession and starting with a first down from the spot where the ball was declared dead or of accepting the penalty.

a. A player throws a forward pass after crossing the line of scrimmage.
b. A passer intentionally grounds a pass.
Penalty: For a and b; loss of five yards from line of scrimmage. Down advances.
c. A player throws a forward pass after catching the ball on a kick-off or scrimmage kick or after intercepting or catching a pass.
Penalty: Loss of five yards from the spot where the illegal pass was thrown.
d. A player interferes with another player who is attempting to catch or intercept a forward pass.
Penalty:
*1. If the passing team interferes with an opponent intercepting a pass, loss of 15 yards from spot of foul. Down advances.
*2. If the defensive team interferes, the offensive team is awarded a first down at the spot of the foul.

Sec. 5 Delaying of Game

a. Unnecessarily continuing play after ball has become dead.
Penalty: Loss of five yards from spot where ball was declared dead. Down remains same.
b. Falling on the ball.
Penalty: Loss of 15 yards from line of scrimmage. Down remains same.
c. Delaying the game unnecessarily in any other manner.
*Penalty: Loss of 5 yards. Down remains same.

Sec. 6 Illegal wearing or pulling of flags

a. Wearing flags illegally.
*Penalty: Loss of five yards from spot of foul. Down advances.
b. Ball carrier using her hands or clothing to hide or prevent opponent from pulling her flag.
*c. Pushing, holding, or hitting the ball carrier while pulling her flag.
d. Falling on knees before, during, or after pulling a flag.
*Penalty: b, c, d: Loss of 15 yards from spot where foul occurred.

Sec. 7 Illegal hand-off

*a. The ball is handed forward in front of the scrimmage line.
*b. A backfield player hands the ball forward to a line player.
Penalty: For a and b; Loss of 5 yards from spot of foul. Down advances.

Sec. 8 Illegal Substitution

a. A substitute entering the game before the ball has been declared dead.

b. A team has more than nine players on the field when ball is put in play.
Penalty: For a and b; loss of five yards from scrimmage line. Down remains the same.

c. A disqualified player re-enters the game.
Penalty: Loss of 15 yards. Down remains the same. Player removed from game.

Sec. 9 Screening

a. A player may not use her arms to screen.
Penalty: Loss of five yards from spot of foul. Down advances if committed by offensive team. Down remains the same if defensive team fouled.

b. More than two players screening for ball carrier.
Penalty: Loss of five yards from spot of foul. Down advances.

Sec. 10 Personal Contact

a. There shall be no personal contact between players.
Penalty: Loss of 15 yards from spot of foul. Down advances if committed by offensive team. Down remains the same if committed by the defensive team.

b. Unnecessary roughness.
Penalty: Immediate disqualification of player. Loss of 15 yards. Down advances if committed by offensive team. Down remains the same if committed by defensive team.

Sec. 11 Unsportsmanlike Conduct

a. A player or coach using abusive or insulting language.

b. Disputing or arguing with officials over a decision.
Penalty: Loss of 15 yards. Down advances if committed by offensive team. Down remains the same if committed by defensive team. Flagrant offender should be disqualified.

Sec. 12 Double and Multiple Fouls

a. A double foul occurs when both teams commit a foul during the same down.
Penalty: The two fouls cancel each other. The down is replayed.

b. Multiple fouls occur when two or more fouls are charged against the same team. Only one penalty may be enforced. The captain of the offended team may choose either penalty or decline both.

SUGGESTIONS FOR MODIFIED RULES

In situations where space is limited the field size may be reduced. The recommended minimum size is 70 yards by 30 yards. The end zones and distance between quarter lines on smaller fields should be reduced proportionately. When smaller fields are used the number of players should be reduced to four backfield players and three linesmen.

When both teams are in agreement the following rules modifications may be used:

a. The game ball may be a junior size or regulation football.
b. Flags other than those meeting official specifications may be used.
c. The length of the game may be shortened by reducing the length of the quarters or time between halves.
d. When field space is limited one inbound line down the center of the field may be used.

CLARIFICATION OF RULES

RULE 1

1. May a player attach one of her flags in front and the other at her back?
   No. The flags must be worn on each side of her body. (Section 6b).

RULE 2

1. May more than the specified number of officials be used in a game?
   Yes. The five listed are considered a minimum; other officials such as an additional linesman, may be used if they are available.

RULE 3

1. Must a substitute report to scorer and umpire when entering the game?
   No. Provided that the player's name is entered on the official score sheet, she may enter the game without reporting to an official (Section 1b & c).

RULE 4

1. Is a ball which is passed parallel to the goal line considered a lateral pass?
   Yes. A legal lateral may be thrown sideways or back toward the passer's own goal line.
2. After receiving the center snap may the quarterback hand the ball forward to a line player?
   No. A ball handed forward behind the line of scrimmage may be handed only to a backfield player.

RULE 5

1. Is a pass caught behind the endline considered a completed pass?
   No. Pass must be caught in the endzone (Section 1 a&b).
2. If a team receives a first down as a result of a penalty, does this down count in deciding the winner of a tie game?
   Yes. This is considered in the total downs earned. (Section 3a).
3. If a team scores a touchdown on the first of its four consecutive downs in a tie game, does it complete the remaining three downs?
   Yes. The winning team shall be the team gaining the greater yardage during those downs. It is possible that each team might score a touchdown before its four downs are used. (Section 3a).
4. If a team intercepts a pass during the series of four downs in a tied game playoff, does the team that made the pass still complete its series of downs?
   No. The intercepting team starts its series at the center line, or wins the game if it has already gained more yardage. (Section 3a).

RULE 6

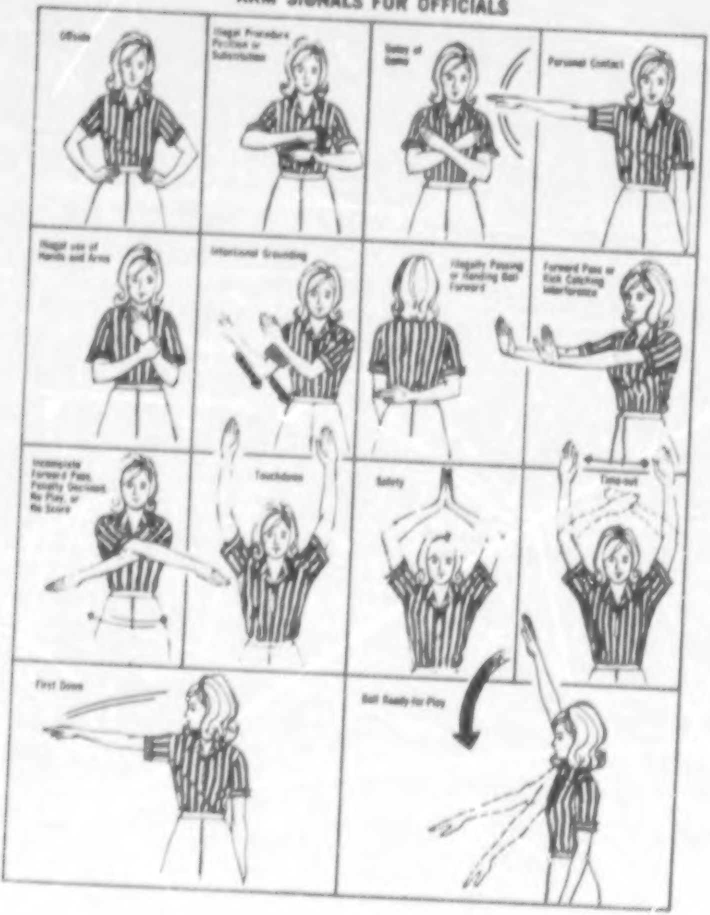
1. A kick receiver attempting to catch the ball on the one-yard line, fumbles it and it hits the ground in the end zone. Can she pick the ball up and run with it?
   No. The ball becomes dead at the spot where it touched the ground. It would be considered a touchback and play would start on the quarter line. (Section 2d).
2. If the runback from a kick-off ends one-two yards from the quarter line, does the offensive team have only this distance to go for a first down?
   Yes. Offensive team has four tries to go only the one-two yards into the next zone to get a first down. (Section 4a-1).
3. If the ball comes to rest in bounds without being touched following a scrimmage kick, does the play start where the ball first touched the ground or where it came to rest?
   In all cases of kicks, the ball is dead at the spot where it first touched the ground, and play begins from that spot. (Section 5i).
4. May the offensive team use more than one lateral or one handoff during a down?
   Yes. Any number of laterals, handoffs, or combinations of the two may be used during the same down. (Section 6b).

5. What players are eligible to receive a forward pass?
   Any player may receive a forward or lateral pass. (Section 6c).
6. Is a pass considered completed when a player catches the ball with one foot inbounds and then steps down with the other foot on or outside of the sideline?
   Yes. Catching a pass with one foot inbounds and then coming down on line or outside of field with other foot is legal. (Section 6c-3).
7. May a player who intercepts a ball in the field, or in her end zone run with it?
   Yes. A ball intercepted in the field is considered in play. A ball intercepted in the end zone gives the player the option of grounding the ball for a touchback, or attempting to run the ball out of the end zone. (Section 6d).

RULE 7

1. Has a player committed a foul if she dives after the ball carrier's flags?
   Yes. A player cannot fall on her knees before, during or after pulling a flag. (Section 6d).
2. Does the player with the ball have the right-of-way in terms of field running?
   Yes. However, she cannot run down a stationary player. A player moving to intercept a runner and pull flags cannot move into the path of the ball carrier. The calling of personal contact fouls must often be left to the discretion of the official, as to which player is at fault. (Section 10a).

ARM SIGNALS FOR OFFICIALS


Offside
Illegal Procedure Position or Substitution
Delay of Game
Personal Contact
Illegal use of Hands and Arms
Intentional Grounding
Illegally Passing or Handing Ball Forward
Forward Pass or Kick Catching Interference
Incomplete Forward Pass, Penalty Declined, No Play, or No Score
Touchdown
Safety
Time-out
First Down
Ball Ready for Play

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